

## **SPUTUM COLLECTION INSTRUCTIONS**

1. For best results, sputum sample must be collected from within the lungs and not contain saliva from the mouth. Obtain sputum sample first thing in the morning.
2. Rinse mouth with water, but do not brush teeth or use mouth wash.
3. Take at least three deep breaths and then force out a deep cough which should contain the sputum sample. Repeat as needed until an adequate sample is collected into a sterile screw capped cup.
4. Label container with your name, date and time of collection.
5. Transport specimen to testing laboratory as soon as possible. Refrigerate sputum sample if there is a delay.