

# Sputum Collection

## *Patient Instructions*

Your Doctor has requested that you collect a sputum sample (mucus from the lower part of your lungs) for pathology examination.

This is best collected on arising in the morning prior to cleaning your teeth, taking medication or having a drink, otherwise the sample could be contaminated.

The specimen should be produced by taking a few deep breaths and then cough as vigorously as possible, collecting the sputum into the provided specimen container. A good plug of sputum is required by the Laboratory as saliva is not acceptable.

If a satisfactory specimen cannot be produced, try lying on your stomach with head and shoulders lowered for about ten (10) minutes. This may allow sputum to drain into your throat and help you to produce a sample.

When the specimen has been collected, label the container with your full name, date of birth, date and time specimen was collected and deliver to the Laboratory, Collection Centre or Doctor's Surgery with an accompanied request form.