



Sputum Collection for Cytology

For successful diagnosis of infection through testing of sputum samples, it is important that the patient understands the importance of collecting an adequate sample. Samples must be produced from a deep cough. If the sample is contaminated with cells from the mouth or saliva, it will be rejected and the patient will be required to recollect the sputum specimen.

Instructions:

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| 1. | Label your container with:
a) Your full name
b) Your date of birth
c) <u>Date and time of collection</u> |
| 2. | The best time to collect this specimen is upon rising in the morning. |
| 3. | Before attempting sputum collection, rinse your mouth with water. |
| 4. | To obtain a sputum from deep in the lungs, take several deep breaths and start to cough deeply. Collect specimen from a deep productive cough. |
| 5. | Do not spit clear saliva into the container – sputum should look thick and green or yellow green. |
| 6. | Place the container in the transport bag provided. If unable to bring specimen to the lab within hours, refrigerate the specimen and return it within 24 hours. |

NOTE: For certain tests, the physician may require collection of more than one specimen, collected on different days. If this is required, each specimen should be delivered to the lab on the day it is collected.