

SPUTUM SPECIMEN COLLECTION INSTRUCTIONS

Sputum is a thick mucus secretion that can be coughed up from the chest. Saliva (spit) or nose and throat secretions (phlegm) are not sputum and cannot be tested. The ideal sputum specimen should be collected first thing in the morning. You must collect the specimen as described below in order to get a suitable sample.

Note: DO NOT RINSE MOUTH FOR TUBERCULOSIS (ACID FAST BACILLUS SAMPLES)

Step	Action:
1.	<p>Confirm the collection container is labeled correctly with:</p> <ul style="list-style-type: none"> • your (patient) first and last name and • your date of birth or healthcare number. <p style="text-align: center;">Incorrectly or incompletely labeled specimens will not be tested.</p>
2.	Rinse the mouth with tap water to rid the mouth of saliva and mucous (phlegm). This step is exempt for Tuberculosis (Acid Fast Bacillus) collections.
3.	<p>In order to loosen secretions, clap your cupped hand a 3-4 times over the central region of your upper chest, or ask someone to clap your upper back with their cupped hand</p> <ul style="list-style-type: none"> • If you don't cough up thick sputum, repeat steps 2 and 3. You may choose to wait a while and try again so that you get a proper specimen. (Note: Saliva (spit) is not suitable for testing.)
4.	Take a deep breath and cough as hard as you can without hurting yourself. You are to produce a glob or chunk of <u>thick</u> sputum which may be coloured. The sputum should be collected into the <u>sterile</u> container provided by spitting into it.
5.	<p>Be sure the cap is screwed on tightly.</p> <p>Take the specimen to the laboratory as soon as possible. (Specimen must be received day of collection).</p>

If you have any questions, please contact CML HealthCare at
