

## **Patient Instructions for Routine Sputum Collections**

### **At Home:**

**Upon awakening, clear throat of any material which may have accumulated overnight and discard.**

### **At Home or if collected in the lab:**

- 1. Rinse mouth with water several times.**
- 2. Cough deeply several times for several minutes.**
- 3. Deposit whatever is raised from the lungs into the specimen cup. The material needed should come from deep in the lungs, not saliva from the mouth.**
- 4. Secure the lid tightly.**
- 5. Label the container with your full legal name, date of birth, collection date and time.**
- 6. Deliver to the lab as soon as possible.**

**If your physician has ordered the test to be done on 3 sputum specimens, follow the instructions above for three consecutive mornings. Use three separate containers; Label the containers as #1, #2, and #3 and bring to the lab as soon as possible. KEEP REFRIGERATED UNTIL DELIVERED.**