

**Laboratory (907) 714-4418****Patient Instructions for Collection of Sputum****Preparation:**

- Sputum is matter ejected from the lower respiratory tract through the mouth. Sputum is best obtained in the morning, before breakfast, after secretions have accumulated in the respiratory tract during the night. Collect only 1 specimen per day.
- It is best to brush your teeth and rinse your mouth so saliva and oral debris do not contaminate the specimen. Saliva (spit) is an unsatisfactory specimen.
- Your mouth should be free of foreign objects:
  - Remove food, gum or tobacco
  - Remove dentures

**Collection:**

1. When you are ready to collect the specimen, open the plastic bag and remove the entire collection system.
2. Lift top hinged lid (smaller end – FOR PATIENT USE and TO OPEN LIFT TAB is stamped on this end) for collection.
3. Inhale deeply and cough deeply, directly into the specimen collection container.
4. Close hinged lid.
5. Holding system upright, remove the base of the system.
6. Remove the blue screw top (do not discard).
7. Pull the conical tube downward.
8. Screw the blue screw top to the top of the conical tube. Discard the outer orange tube.
9. Label the conical tube with the patient's first and last name, date of birth, date and time of collection.
10. Place in the biohazard bag provided and transport to the laboratory as soon as possible. If unable to deliver within 1 hour, please refrigerate until able to transport.

**Questions? Call (907) 714-4418.**