Patient Instruction for Sputum Collection

1. **Important:** Please read and follow all directions carefully.  
   **Caution:** Improper collection may result in having to recollect another sample.

2. All sputum specimens should be collected into a sterile container provided by the laboratory or physician’s office.

3. Specimens should be first morning collection.  
   **Note:** There is a difference between sputum and spit. A deep cough first thing in the morning is needed to produce a good sputum sample.

4. Rinse mouth with water to remove superficial flora. For patients with dentures, remove the dentures first.

5. Cough deeply to produce lower respiratory specimen (not post nasal fluid).

6. Collect specimen directly in the container. Do not collect in a Kleenex or tissue.

7. Carefully and tightly replace the cap. Be careful not to misthread the lid because leakage will occur. Any specimens that leak in transit will not be processed and will need to be recollected.

8. The minimum sample must be the size of a silver dollar.

9. Please ensure that your name, date and time of collection are on the label.

10. Bring specimen to the lab as soon as possible.

If you have further questions, please contact:  
Adventist Lab Partners at 630-856-7800 option 1.