



ST. CLARE'S MEDICAL CENTER, INC.

"Sharing a Wealth of Quality Healthcare"

Department of Pathology and Laboratory

PATIENT INSTRUCTIONS

SPUTUM COLLECTION PROCEDURE

The following collection instructions are intended to help you collect the correct specimen for the test your clinician has requested. First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

Collection of sputum:

1. Early morning sputum samples are preferable. Sputum is material brought up from as far down in the lungs as possible after a deep cough. It is not saliva.
2. Use sterile container provided by physician for collection.
3. **Complete the information requested on the container label. Make sure you include your full name, and the date and time you collected the specimen. If you have a requisition, note the date and time on the requisition and your physician's full name and address.**
4. After a big cough, collect the sputum into the provided empty container.
5. Replace the cap and tighten firmly.
6. Remember to wash your hands thoroughly after collecting the specimen.
7. Take the specimen to the laboratory as soon as possible.

Containers and requisitions can be returned to St. Clare's Medical Center Laboratory.

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