

Instructions for Collection of Sputum Specimens

For Routine Culture, Mycobacterial (TB) Culture and Fungal Culture

Laboratory Medicine Program

<p>Collecting sputum sample</p>	<ol style="list-style-type: none"> 1. The ideal time to collect a sputum sample is early in the morning just after getting out of bed and before eating. However, a sample may be collected at any time sputum can be produced. 2. Do not use mouthwash, brush teeth with toothpaste, or rinse mouth with water immediately before collection. 3. Open the sputum collection container and hold it very close to your mouth. 4. Take as deep a breath as you can and cough up sputum from deep in your chest/ lungs. The sputum will usually look thick and be yellow or green in colour. Do not spit saliva into the container. 5. To obtain a sufficient volume of sputum (15mL or 1 tablespoon), you may expectorate (cough) several times into the same container. 6. Close the container lid tightly. 7. Confirm the collection container is labeled correctly with: <ul style="list-style-type: none"> • First and last name • Date and time of collection • Medicare number <p>NOTE: Incorrect or incomplete information on the specimen label will result in the specimen not be tested.</p> <ol style="list-style-type: none"> 8. Seal the sample in a Ziploc (sealable) bag.
<p>Storing sputum sample before delivering to Laboratory</p>	<p>Take the sputum sample, along with a completed Laboratory requisition, to the Laboratory as soon as possible. If unable to bring the sample to the Laboratory right away, the sample can be stored in the refrigerator for up to 24 hours. Prolonged delays will affect the test results.</p>
<p style="text-align: center;"><u>Mycobacterial (TB) Culture</u></p> <ul style="list-style-type: none"> • Follow the "Collecting Sputum Sample" instructions as outlined above. • For optimal testing, three separate sputum samples should be collected on three separate mornings. • Samples should be brought to the Laboratory each day. <p>If necessary, three sputum specimens (either spontaneous or induced) can be collected on the same day, at least 1 hour apart.</p>	