



Calgary Laboratory Services

PATIENT INSTRUCTIONS / COLLECTION PROCEDURE

CYTOPATHOLOGY URINE AND SPUTUM COLLECTION TECHNIQUES

SPUTUM

- A total of 3 early morning deep cough specimens collected 3 days in a row is the most sensitive.
- Brush teeth and rinse mouth thoroughly prior to coughing.
- Collect the specimen in a sterile plastic container labeled with the patient's first and last name.
- Submit to the laboratory with a completed Cytopathology requisition.

URINE

- Do not collect the first morning specimen.
- The patient should drink 3 eight-ounce glasses of water approximately 1 hour before collection in order to obtain a well-hydrated specimen.
- Collect the fresh specimen in a sterile laboratory specimen container labeled with the patient's first and last name. Please ensure the lid of the specimen container is tightly fastened to avoid leakage.
- Submit to the laboratory with a completed Cytopathology requisition (CY0001).

IMPORTANT: If a delay is unavoidable, the specimen should be refrigerated.