



Calgary Laboratory Services

PATIENT INSTRUCTIONS

SPUTUM COLLECTION PROCEDURE

1. The sputum specimen obtained should be the result of a deep cough and be of a thick nature, not saliva. Collection of an early morning specimen before breakfast facilitates obtaining such a sputum since the patient pools respiratory secretions overnight. **(Do not use mouthwash or gargle before collection).**
2. The patient should cough directly into the sterile collection container provided and replace in the plastic bag.
3. Label the container with the patient's first and last name, Personal Health Number or birth date, specimen type and date/time of collection.
4. It is important to transport the sputum to the laboratory within two hours of being obtained or, if delayed, to refrigerate the specimen.

CAUTION: The specimen must be received in the laboratory within 24 hours of collection.