



## **SPUTUM COLLECTION INSTRUCTIONS**

The doctor has requested that you submit sputum specimens. The following instructions will aid you in collecting these specimens in a proper manner. It is important that the specimens be collected on three consecutive days, for example, Monday, Tuesday, and Wednesday.

1. Collect the specimen before breakfast. The best time is as soon as you get up.
2. Blow your nose first, to clear the nasal passages of any mucous.
3. Rinse your mouth with water. Do not brush your teeth or drink any liquids.
4. Collect the specimen by coughing deeply to bring up the mucous and spit it into the plastic container that has been provided for you. Please write the date on the container.
5. After you have collected the specimen, please put it in the refrigerator, not the freezer.
6. Repeat the same procedure for the next two consecutive days. Do not forget to refrigerate the container.
7. On the morning of the last specimen collection, give all containers to your health care worker as soon as possible unless other arrangements have been made.
8. For more information, please call (650) 573-2346.