

Sputum for Cytology

Preparation

- Collect the sputum sample in the morning before eating, drinking or taking any tablets or medicine.
- You must collect a sputum sample three days in a row, preferably at or around the same time

Collecting the specimen

1. Cough to make sure you collect sputum, not saliva (spit) or nasal discharge (snot). To collect a good sample of sputum, **take a few very deep breaths and then cough** as deeply and strongly as you can.

2. Collect the sputum sample into the specimen pot. Screw the lid on tightly. Write the collection date and time on the label. Place specimen pot into the collection bag. Wash your hands.

3. **Place the sample in the fridge.** You can place the sample in a plastic bag before placing them in the fridge. Make sure the lid is on tight.

4. Repeat steps 1 to 3 on **day two** to collect a second sputum sample.

5. Repeat steps 1 and 2 on **day three** to collect a third sputum sample.

6. Place all specimen pots and the request form into the collection bag.

Equipment



3 x specimen pots.



1 x collection bag



Safety Precautions

None for this test

Labelling the specimen

Label the specimen by writing:

- Full name (first & last name)
- Date of birth
- Record Number (if known)
- Date & time you collected each specimen.

Delivering the specimen

Deliver all three samples to a pathology collection centre As soon as possible. Try to deliver all samples **within two hours** of collecting the last sample.

Keep all samples in the fridge if you cannot deliver them within two hours of collection.

See next page for full list of collection centres