

Sputum for Micro and Culture

Preparation

Collect the sputum sample in the morning before eating, drinking or taking any tablets or medicine.

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 specimen pot and the request form into the collection bag.

Equipment



1 x specimen pot.



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 the specimen to a pathology collection centre on the same day it is collected. Deliver it as soon as possible.

Do not put it in the fridge.

See next page for full list of collection centres