

## INSTRUCTIONS FOR THE COLLECTION OF SPUTUM

### SUPPLIES NEEDED:

Jar containing Cytolyt solution, labeled with the patient's name and DOB

### PROCEDURE:

1. Upon awakening, clear the throat of any material which may have accumulated overnight and discard.
2. Rinse mouth out with water several times.
3. Cough deeply several times during the next hour.
4. Deposit whatever you raise from the lungs into the specimen cup provided. The material needed for the test is the material coughed up from deep in the lungs, not saliva from the mouth.
5. The specimen collection cup will contain a clear liquid, which will preserve the specimen until it is transported to the laboratory. Do not drink this fluid or leave the container unattended if children are present.
6. After collection, secure the lid tightly, shake the specimen to mix it with the fixative and deliver it to the doctor or laboratory as soon as possible.
7. If your physician has ordered a sputum x three, do this for three consecutive mornings into consecutively labeled containers (#1, #2, #3).
8. If your physician has ordered a pooled sputum, do this for three consecutive mornings into the same container.
9. If you have any questions about which type of sputum specimen your physician has ordered please clarify it with him/her before proceeding.

