



SPUTUM SAMPLE COLLECTION - Patient Information (Rev 2017-09-21)

CONTAINERS: Laboratory staff will provide you with all the containers necessary to collect the samples your doctor has requested.

SAMPLE REQUIRED: Sputum.

Please Note:

1. Sputum is material brought up from the lungs after a deep cough. It is **not saliva**.
2. Samples from first thing in the morning sample are preferred.
3. Depending on the tests your doctor has requested, you may need to collect multiple samples over several days. If multiple samples are required, please plan to collect the final sample on a day that allows you to get the samples back to the lab during regular hours, and within the time limits below. Please:
 - a. Use a separate container for each type of test each day. (Containers will be labeled by the laboratory to indicate what type of test and what number of sample if more than one.)
 - b. **Sputum C&S must be returned to the laboratory within 2 hours of collection** (12 hours if refrigerated at 4°C)
 - c. Other samples can be stored refrigerated (4°C) until the final sample has been collected, then return all samples to the laboratory on the last day of collection

COLLECTION PROCEDURE:

1. Rinse mouth out thoroughly with water.
2. Cough deeply and expectorate sputum directly into sterile container. Do not contaminate with saliva.
3. Except for cytology samples, do not cough repeatedly into container. One cough should produce enough sample.
4. Do not transfer material from one container to another.
5. After collection, tighten lid, write the **DATE OF COLLECTION** on the container, and place it in one of the bags provided. Each plastic bag must contain only one specimen.
6. **Refrigerate** samples unless bringing them to the lab within 2 hours.
7. See below for specific collection instructions for different sample types. The samples you are to collect are indicated by ticks in the boxes.

<input type="checkbox"/> Sputum C&S	<input type="checkbox"/> Sputum AFB
<ol style="list-style-type: none"> 1. Upon rising or at any time, collect sputum in the "C&S" container provided. 2. Deliver to laboratory within 2 hours of collection (12 hours if refrigerated at 4°C). 	<ol style="list-style-type: none"> 1. Using the "TB" or "AFB" containers, collect three separate specimens, at least 1 hour apart, with one specimen collected in the morning prior to eating or drinking. Specimens may also be collected 8 hours apart or daily for 3 days. 2. Deliver all 3 containers to the lab on the last day of collection.
<input type="checkbox"/> Sputum Cytology	<input type="checkbox"/> Sputum Mycology
<ol style="list-style-type: none"> 1. Do not discard the liquid preservative. 2. **The preservative is poisonous. Do not swallow. Keep out of reach of children. See first aid measures below.** 3. Collect samples early in the morning, before breakfast 3 consecutive days. Collect all sputum produced for one hour into one of the "CYTOLOGY" containers. 4. Deliver all 3 containers to the lab on the last day of collection. 	<ol style="list-style-type: none"> 1. Upon rising or at any time, collect sputum in the pink topped container provided. 2. Store at room temperature. Deliver to the lab as soon as possible.

**FIRST AID MEASURES - Cytolyt Fixative:

1. **INHALATION:** Move to fresh air. If symptoms of intoxication or vision problems, get immediate medical assistance.
2. **EYE CONTACT:** Flush immediately with clean water for at least 15 minutes. Get immediate medical assistance.
3. **SKIN CONTACT:** Remove contaminated clothing and shoes. Flush affected area with large amounts of water. If irritation or other symptoms are present, get immediate medical assistance.
4. **INGESTION:** DO NOT INDUCE VOMITING. Give one or two glasses of water and get immediate medical assistance.

INFORMATION: For inquiries, contact Valley Medical Laboratories at 250-763-4813.