

## Patient Instructions for collection of SPUTUM

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1. Please collect (first thing in the morning) into the screw-capped container provided.
2. Rinse out your mouth several times with warm water and spit this into the basin.
3. Draw in your breath sharply three times to make you want to cough and bring up sputum from your lower lungs.

### SALIVA IS OF NO USE

4. Label the container with your (patient) FULL name, date of birth, doctor and the time and date that the sample was collected.
5. Screw the lid of the container down firmly and bring to the doctor's surgery or the laboratory as soon as possible; certainly on the same day. Keep at room temperature.
6. You may be required to collect 3 specimens. Collect these on 3 different mornings.