

Patient Instructions for Collection of Sputum for Culture

1. Collect first early morning sputum the minute you wake up in the morning.
2. Rinse your mouth with water. If you wear dentures, please remove them before rinsing.
3. Cough hard to bring up sputum from deep in your lungs. Put the sputum directly into the sterile bottle provided. (We require that your sputum comes from coughing deeply. Spitting in the cup is NOT ADEQUATE!)
4. Carefully screw the container lid back on tightly. Make sure that the lid is on evenly; otherwise the sputum may leak out.
5. On the bottle label please write your name, date of birth, and the date and time you coughed up the sputum.
6. Place the bottle in a sealed plastic and take it to the lab immediately.