

SPUTUM PATIENT INSTRUCTIONS

It is important to follow these instructions carefully to ensure your test results are accurate.

Preparation

- Obtain the correct container and specimen bag from a laboratory collection room.
- Sputum specimens are best to be collected first thing in the morning
- If three specimens are required, each to be collected on a different morning.

Collection Procedure

1. Sputum is to be coughed up into container provided.
2. A correct sputum (or phlegm) specimen is one that you feel has come up from being in your chest or lungs. **NOTE:** saliva from the mouth is not suitable.
3. Ensure the lid is screwed on tightly.
4. Label each container clearly with your Name, Date of Birth and Time of Collection.
5. Place in the specimen bag provided.
6. Return to the nearest laboratory as soon as possible - if you cannot drop the specimen off straight away, it can be stored in the fridge.
7. **Ensure a copy of the request form is with each specimen.**

If you have any problems, please contact one of the following:

Waikato
07 858 0799

Bay of Plenty
07 578 7073

Whakatane
07 306 0906

Rotorua
07 348 2106

Taupo
07 376 5103
07 376 1045