



Blanchard Valley Hospital Laboratory

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LTR27583

Instructions for Sputum Collections (Patients)

POSTED-LIS

These instructions are for the collection of Sputum samples for a variety of cultures and other tests such as histology exam.

- 1) The best time to collect a Sputum Specimen is **first thing in the morning** after you wake up, prior to using a mouth wash or brushing your teeth.
- 2) The mouth can be **rinsed with water** to remove excess contaminating fluids.
- 3) Try to cough **deeply from the chest** to bring up some sputum.
- 4) Expectorate or spit the specimen into the sterile container provided by Outpatient Laboratory or your Doctor.

- a. Remove the bag, open the lid,
- b. Expectorate into the open container **ONCE** or twice within a few minutes, avoiding contamination with saliva.
- c. Collect no more than 5 - 8 mL of sputum into the container.**
- d. The lid should then be closed and the bag replaced over the top of the system.

- 5) Please try to **avoid excess spit or saliva**, as this and *may cause you to be requested to try another collection of your specimen. (See note below)*
- 6) **LABEL** your specimen with your full name, birth date, date and time of collection.
- 7) The specimen needs to be returned to the Outpatient Lab **within 2hrs** of collection.
- 8) Under some circumstances where this is not possible, you may store your specimen in the refrigerator (for up-to 24hrs **ONLY**) and return it as soon as possible although this may reduce the detection of some pathogens.

[NOTE: The laboratory is required to check the acceptability for culture of each sputum specimen by microscopic examination. We may need to ask you to collect another specimen to try to improve the specimen quality and thus the usefulness to your physician of the results of your test.]

PLEASE write YOUR NAME, BIRTHDATE, THE DATE AND TIME OF COLLECTION, on the specimen label so that we can effectively process your specimen for testing.

Should you have any questions for Blanchard Valley Hospital Out Patient Laboratory, please call 419-423-5328, or questions for Bluffton Hospital Out Patient Laboratory, please call 419-369-2314