

 Eastern Health Laboratory Medicine	Section: Management System\Eastern Health\Client Services\Collection Manual\	
	Title: Collecting a Sputum Sample	Number: 10933
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Collecting a Sputum Sample

Collection Container

- If your doctor did not give you a bottle, go to the blood collection lab and get a sterile bottle.

Collecting The sputum sample

- Collect the sample in the morning when you get up and before you eat breakfast.
- Do not use mouthwash or gargle before you collect the sample.
- Cough deeply and then spit the sample into the bottle.
- The sample should be thick and contain mucous – not saliva (spit)

Handling the Sample

- Put the cover tightly on the bottle.
- Write your name, MCP number, date and time of collection on the label on the bottle.

NOTE: The sample will not be tested if it is not properly labeled.

- Take the sample to the lab within 2 hours.
- If the sample cannot be taken to the lab right away, place it into a plastic baggie and put it in the refrigerator.