

 <b>NL Health Services</b> <small>Pathology and Laboratory Medicine</small>	<b>Section:</b> Management System\EH Laboratories\Client Services\Collection Manual\Patient Instructions\		
	<b>Title:</b> Collecting a Sputum Sample		<b>Number:</b> 10933
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## Collecting Sputum Samples for Mycobacterial Culture

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### **Provide the following to patients:**

- 3 sterile containers labelled with the patient's name, HCN or MCP number, the time of collection (Date: YYYY/MM/DD Time: HH:MM).
- 1 biohazard bag
- 1 copy of "SPUTUM COLLECTION PATIENT INSTRUCTION"

Please review the collection instructions with the patient. Emphasize to the patient to collect 5-10ml sputum for each container. Collect 3 sputum specimens within 8-24 hours, at least 1 hour apart.

### **Receiving Sputum Containers from Patients:**

Note: Always wear appropriate Personal Protective Equipment (PPE) when interacting with patients.

- If the sputum is insufficient in volume and the patient is present, provide them with new sterile containers and a biohazard bag and request new collection.
- Reject sputum containers with less than 3mL of sample.
- Test name: MYCOBACTERIUM SP. CULTURE PANEL
- Provincial mnemonic code (same as Meditech): MYCOCUP

### **Specimen Storage & Shipping**

- The samples require continuous refrigeration between 2-8 °C and must be transported to the lab without delay to preserve sample quality.

## SPUTUM COLLECTION PATIENT INSTRUCTION

### Collection Container

- If your doctor did not give you a bottle, go to the blood collection lab and get 3 sterile containers.

### Collecting the Sputum Samples

- 3 sputum samples are required. 5-10mL for each sputum.
- Collect the sputum specimens within 8-24 hours, at least 1 hour apart.
- One sputum should be collected in the morning when you get up before you eat breakfast. Do not use mouthwash or gargle before collecting the sample.
- Cough deeply and then spit the sample into the bottle.
- The sample should be thick– not saliva (spit) Put the cover tightly on the bottle.

### Labelling the Containers

- Write your name, HCN or MCP number, date and time of collection on the label of the bottle. Missing information will lead to sample rejection.

### Handling the Samples

- Ideally, take the sample to the lab within 2 hours of collection. If the sample cannot be taken to the lab right away, place it into a plastic bag and put it in the refrigerator. Send the samples to the lab within 24 hours of collection.

**NOTE: The sample will not be tested if insufficient volume is collected.**