





Patient Collection Guide for Sputum

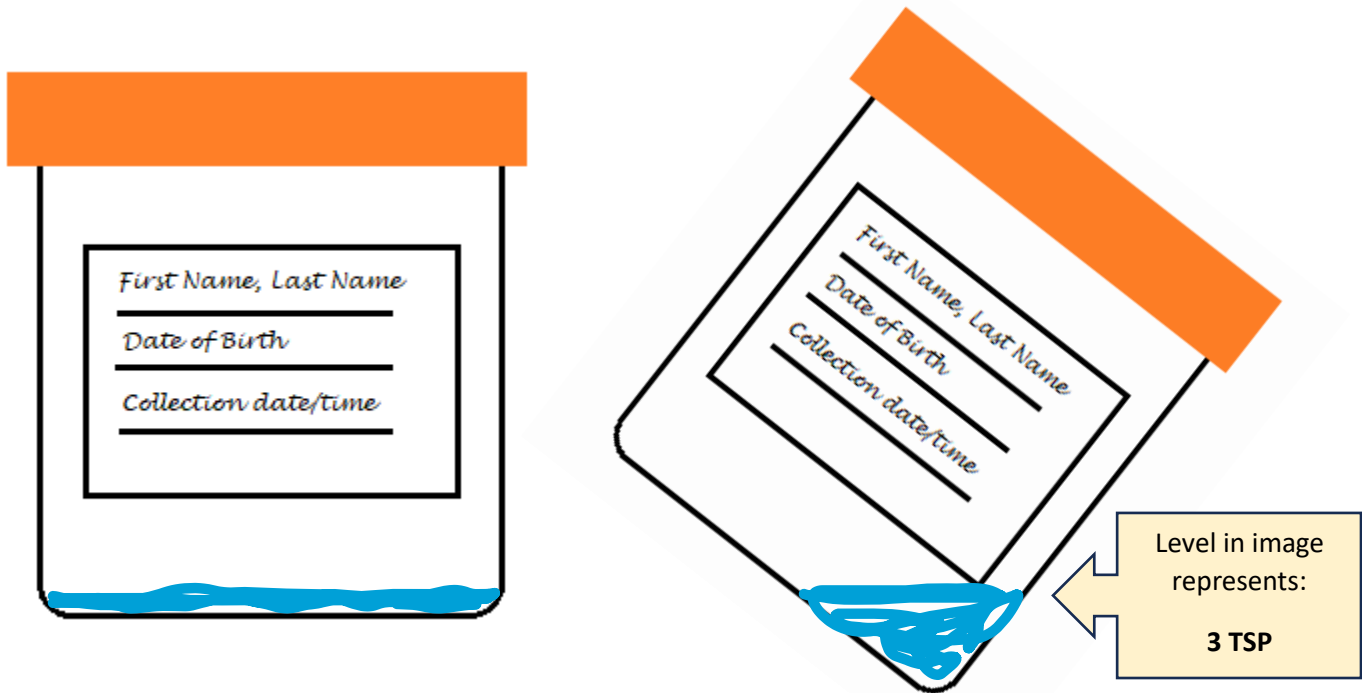
Collecting a sputum sample correctly is essential for accurate testing, diagnosis and treatment. Be sure to collect enough volume for all tests your provider has requested. If volume collected is too small, the tests cannot be performed. If you have any questions or difficulties, contact your healthcare provider for assistance.

PREPARATION		
Supplies Needed	<input type="checkbox"/> Sputum/sterile collection container	<input type="checkbox"/> Tissues
	<input type="checkbox"/> A glass of water	<input type="checkbox"/> Sterile saline (if instructed by your provider)
Day Before	HYDRATE drink plenty of fluids the day before to help loosen the sputum. 	
Day of Collection	DO NOT EAT, DRINK, OR SMOKE before collecting the sample to avoid contamination. COLLECT IN THE MORNING (if possible), sputum is most concentrated first thing in the AM. RELAX and take your time to ensure you produce a sufficient sample.	

COLLECTION STEPS	
1. Rinse Your Mouth	<ul style="list-style-type: none"> Rinse with water to remove any food particles or saliva.
2. Take Deep Breaths	<ul style="list-style-type: none"> Sit or stand in an upright position. Take a few deep breaths to help loosen the sputum in your lungs.
3. Cough Deeply	<ul style="list-style-type: none"> Sample should NOT BE SALIVA from your mouth. Cough deeply from your chest to bring up sputum from the lungs. If you are having difficulty producing sputum: <ul style="list-style-type: none"> Try taking a hot shower or inhaling steam from a bowl of hot water. Perform gentle chest percussion (patting on the back). Your healthcare provider may instruct you to inhale sterile saline mist using a nebulizer to help produce a sample.
4. Collect the Sputum	<ul style="list-style-type: none"> Spit the sputum into the provided container. Collect 3 teaspoons (14 mL) to ensure adequate specimen for testing. A test list is included on the second page with volume needed for each test; more than one test is typically requested on the same specimen. When collection is complete, close the lid securely to prevent leakage. Label the container with the following: <ul style="list-style-type: none"> First and Last Name Date of birth (DOB) Date and time of sample collection Store the sputum sample in a cool place (refrigerate if necessary). Wash your hands thoroughly using soap and water. <div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: right;">  </div> </div> 
5. Deliver to Lab	<ul style="list-style-type: none"> Take the sputum sample to your healthcare provider or laboratory on the same day collected or the next morning if collected at night.

How can you tell if you have collected enough sputum?

- The blue squiggly lines in the images below represent what 3 TSP will look in the sterile collection container.
- Hold the collection container at an angle like in the second image.
- Compare the amount collected to the image (blue lines represents 3 TSP).



Sputum Volume Guide by Test

TEST NAME	Teaspoon (TSP)	Milliliters (mL)
AFB Culture, Smear	1 TSP	5 mL
AFB Culture, Smear + MTB-RIF PCR (GeneXpert)	2 TSP	10 mL
Fungal Culture or Fungal Culture, Smear	1/2 TSP	2 mL
Respiratory Culture, Gram Stain, Aerobic	1/2 TSP	2 mL
TESTS FREQUENTLY ORDERED TOGETHER	Teaspoon (TSP)	Milliliters (mL)
AFB Culture, Smear + Fungal Culture + Respiratory Culture	2 TSP	9 mL
AFB Culture, Smear + MTB-RIF PCR + Fungal Culture + Respiratory Culture	3 TSP	14 mL