



Patient Information

Sputum Specimen

What do I need to know about a Sputum Specimen (sample)?

Preferably, the sputum(material deep in your lungs) sample should be a first-morning collection, just after awakening and before eating.

How do I collect a sputum sample?

To properly collect a sputum sample:

- Brush your teeth and rinse mouth thoroughly with water to remove saliva and other material.
- Remove the lid from the sterile container provided.
- Take a deep breath, and then forcefully and vigorously cough to produce material from deep in the lungs. Saliva and nasal secretions are not satisfactory samples.
- Cough the specimen directly into the container. Do not spit saliva into the container with the sputum.
- Place the lid on the container and screw it on tightly. Label with your name and date and time of collection.
- Bring the sputum sample to the lab as soon as possible, preferably within 1 hour after it was collected. If you cannot come to the lab soon, put the sample in the refrigerator until you can bring it to the lab.

For additional information call (317) 736-3500