



COLLECTING SPUTUM AT HOME

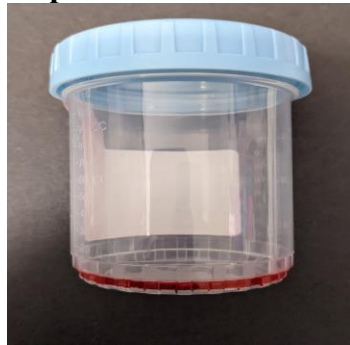
Your medical provider has requested you collect sputum for testing three mornings in a row. Each morning you will collect 1 sample of sputum in a separate cup. Sputum is the thick material from deep in the lungs. You must cough deeply to get a sputum sample. It is not the watery fluid in your mouth or the back of your nose or throat.

Step 1:



- Wash your hands
- Do not rinse your mouth with tap water. Do not eat, brush your teeth or use mouthwash of any kind. If you need to rinse your mouth use bottled or distilled water
- Go away from people either outside or next to an open window

Step 2:



- Open the collection cup and cough deeply to get sputum up from the lungs. Spit the sputum directly into the cup. Repeat several times to make sure you have filled the bottom of the cup with sputum as indicated by the line on the cup
- Close the cup tightly and place it in the plastic bag and seal the bag. Assure the paperwork is in the outside pocket of the plastic bag

Step 3:



- Wash your hands and store the sample in the refrigerator
- All three samples need to be stored in the refrigerator **not freezer** after collection
- Follow your medical provider's instructions on where to turn in your sputum samples for testing