

Expectorated Sputum Collection

Collect the specimen first thing in the morning before breakfast; this is to acquire an overnight accumulation of secretions.

1. Rinse mouth with water before collection, to reduce contamination.
 - a. **Do not** use mouthwash or toothpaste before collection.
2. Cough up deeply from the chest into the container provided.
 - a. **Do not** just “spit” saliva from the mouth.
3. Try to obtain at least 5.0 to 10.0 ml (1 to 2 teaspoons) of sputum if possible
4. Screw the cap back on the container tightly, if necessary clean the exterior of the container.
5. Deliver to a Parkview Health Laboratories facility as soon as possible.
 - a. This specimen is only stable for 2 hours if left at room temperature.
 - b. If unable to deliver to the lab within 2 hrs. refrigerate, and return to the lab the same day as collected.