


**Sputum Cytology – Calgary and South Zones**

<p><b>How to Prepare</b></p>	<ul style="list-style-type: none"> <li>• An early morning collection is recommended.</li> <li>• Brush your teeth and rinse your mouth with water thoroughly prior to sample collection.</li> <li>• Remove lid from sterile container. <b>DO NOT</b> touch the inside of the container or the lid.</li> </ul> <p><b>Note:</b> Your doctor may request 3 samples. These samples must be collected 3 days in a row in 3 separate containers. Three separate requisitions should be provided to you by your doctor.</p>
<p><b>Risks or Cautions</b></p>	<ul style="list-style-type: none"> <li>• Saliva and/or postnasal discharge are not acceptable samples.</li> <li>• <b>You will have to repeat the collection if your specimen container:</b> <ul style="list-style-type: none"> <li>○ is not correctly and completely labelled</li> <li>○ is frozen or stored at high temperatures</li> </ul> </li> </ul>
<p><b>Labelling the Specimen</b></p>	<p>Label the collection container with the following information:</p> <ul style="list-style-type: none"> <li>• Your (the patient) <b>full first and last name</b></li> <li>• <b>The date and time of specimen collection</b></li> <li>• Your unique personal health number (PHN or ULI#)</li> </ul> <p>Alberta PHN is found on the Alberta Personal Health Card</p>  <p>If you do not have a PHN or ULI please ask your local laboratory for alternatives. Please note all specimens need 2 identifiers to be processed.</p>
<p><b>Lab Requisition</b></p>	<ul style="list-style-type: none"> <li>• <b>Print</b> the date and time the sample was collected on your lab requisition.</li> <li>• <b>Fold</b> and place the requisition in the <b>outside</b> pocket of the plastic bag.</li> </ul>
<p><b>Collecting the Specimen</b></p>	<ol style="list-style-type: none"> <li>1. Take a few deep breaths and cough deeply from your chest.</li> <li>2. The specimen from your lungs is called sputum, which should be thick (compared to saliva which is thin and clear).</li> <li>3. Put the sputum into the container.</li> <li>4. Close the container lid tightly.</li> <li>5. Place the container into the biohazard bag.</li> </ol>
<p><b>Specimen Delivery to Lab</b></p>	<ul style="list-style-type: none"> <li>• Bring your specimen and requisition to your local laboratory as soon as possible.</li> <li>• If you are unable to deliver the specimen to the lab immediately, refrigerate the specimen and bring it to the lab within 24 hours.</li> </ul>
<p><b>Questions About Your Collection?</b></p>	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> <li>• <a href="http://www.albertaprecisionlabs.ca">www.albertaprecisionlabs.ca</a></li> <li>• Alberta Precision Laboratories 1-877-868-6848</li> <li>• Health Link Alberta at 811</li> </ul>