

<b>How to Prepare</b>	<ul style="list-style-type: none"> <li>You are going to collect a sample of your sputum for the lab to test.</li> <li>Rinse your mouth with water for 10-15 seconds</li> </ul>
<b>Risks or Cautions</b>	
<b>Labelling the Sample</b>	<p>Label the collection container with:</p> <ul style="list-style-type: none"> <li>Your (the patient) <b><u>full first and last name, date and time of collection, Provincial Health Insurance (PHN/ULI), or Government issued identification such as (Federal, Military, RCMP, Immigration,)</u></b></li> <li>If you've been provided with a patient label, attach this label to the outside of the container.</li> </ul>
<b>Lab Requisition</b>	<ul style="list-style-type: none"> <li><b>Print</b> the date/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 biohazard bag. <b>Do not</b> put the requisition in the bag with the sample collection container.</li> </ul>
<b>Collecting the Sample</b>	<p>Collect an early morning "deep cough" sample, before eating or drinking anything. Obtain deep cough sputum by breathing in as deeply as possible, then coughing very hard until you bring up some sputum. Spit the sputum into the container.</p> <p>Remember, sputum is thick and made of cells and mucous. Saliva is clear and runny and not acceptable for the test.</p> <ul style="list-style-type: none"> <li>- Repeat until 10 - 20 mL (approximately 1 tablespoon) of sputum has been collected in the container.</li> <li>- Replace the lid.</li> </ul> <p>Follow the above instructions for collecting a deep cough sputum sample. If your doctor wants to check for TB (Tuberculosis) infection you will be asked to collect three sputum samples on three different days otherwise you'll only have to collect one sample.</p> <p>A. <u>Sputum for TB (3 Containers)</u></p> <ol style="list-style-type: none"> <li>Collect one sample per day, on three consecutive days.</li> </ol> <p>B. <u>Sputum for Routine Culture (1 Container)</u></p> <ol style="list-style-type: none"> <li>Collect one sample.</li> </ol>
<b>Sample Delivery to Lab</b>	<p>A. TB specimens: Return the sample to the Lab each day. You may wish to refrigerate all three samples and bring them to the Lab up to 24 hours after the last collection.</p> <p>B. Routine culture specimens: Return the sample to the Lab on the same day you collected it or put the sample in the refrigerator and bring to the Lab up to 24 hours after collecting the sample.</p>
<b>Questions About Your Collection?</b>	<p>Contact your local Laboratory.</p>