

How to Prepare	<ul style="list-style-type: none"> You are going to collect a sample of your sputum for the lab to test. Rinse your mouth with water for 10-15 seconds.
Risks or Cautions	<ul style="list-style-type: none"> Three of the containers you will receive contain a preservative. This liquid is extremely flammable (can catch fire) and harmful if swallowed. Take care not to get this liquid in your eyes or on your skin. Rinse any area, including your eyes, for 15 minutes with water if you splash it on your skin or in your eyes. Drink several glasses of water or milk and bring on vomiting if you swallow it. Contact a doctor or a hospital immediately.
Labelling the Sample	<p>Label the collection container with:</p> <ul style="list-style-type: none"> Your (the patient) <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> If you've been provided with a patient label, attach this label to the outside of the container.
Lab Requisition	<ul style="list-style-type: none"> Print the date/time the sample was collected on your lab requisition. Fold and place the requisition in the outside pocket of the biohazard bag. Do not put the requisition in the bag with the sample collection container.
Collecting the Sample	<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"> - Repeat until 10 - 20 mL (approximately 1 tablespoon) of sputum has been collected in the container. - Replace the lid. <p>You will be given six containers if you need to collect sputum for a cytology test. Three of the containers will be empty and three will contain 30 mL of liquid (preservative). See Risks or Cautions above.</p> <ol style="list-style-type: none"> Do not collect all three samples on one day. Collect one sample per day, on three consecutive days. <u>Day 1:</u> <ul style="list-style-type: none"> - Collect sputum sample into one of the <u>empty</u> containers provided. - Carefully pour the liquid preservative into the container with the sputum sample. - Replace the lid tightly; mix the sputum and liquid together by shaking the container well. - Label the container with as stated above. <u>Day 2 and 3:</u> <ul style="list-style-type: none"> - Repeat instructions from Day 1 using additional containers provided.
Sample Delivery to Lab	<p>Return the samples to the Lab each day. You may also refrigerate all three and bring them back to the Lab up to 24 hours after the last collection.</p>
Questions About Your Collection?	<p>Contact your local Laboratory.</p>