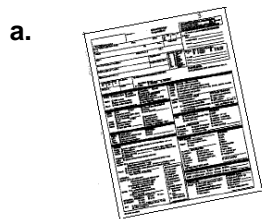


How to Give a Sputum Sample (Instructions for the patient)

WHAT YOUR KIT SHOULD CONTAIN:



REQUISITION



PLASTIC BAG

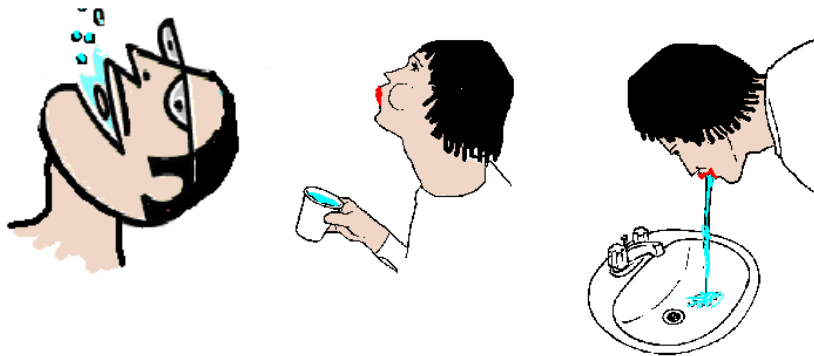


Sample Container

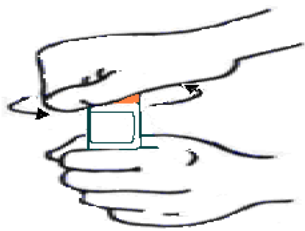
NOTE: you may be given three of each to be collected in the morning over three consecutive days.

INSTRUCTIONS:

1. Gargle or rinse your mouth with water.



2. Open the sample container



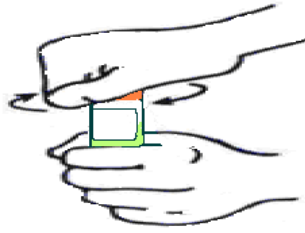
3. Hold the container to your mouth with your lips inside it. Take as deep a breath as you can, cough (do not spit) into the container.



Please keep the outside of the container clean



4. The sample you cough up should look thick, and yellow or green. More than a tablespoon of sample is needed. Close the container lid tightly.



5. If not done already, print your name and the collection date on the outside of the bottle.



6. Put the bottle with sputum sample into the plastic bag provided. Seal the bag.



7. Wash hands.



8. Take the specimen to the place where your doctor or Public Health worker told you to. If you were given three kits return them as soon as possible (preferably within 24 hours each unless this is not logistically possible). If you cannot deliver the specimen right away, put it into the fridge until it can be delivered.

