



**MEDLAB
CENTRAL**

Hawkes Bay | Whanganui | TLab

Patient Instructions **SPUTUM SAMPLE COLLECTION**

1. Please collect sample first thing in the morning
2. Rinse out your mouth several times with warm water and spit this into the basin
3. Draw in your breath sharply three times to make you want to cough and bring up sputum from your lower lungs
4. Please collect into the screw-capped container provided
5. Label the container with your (patient) FULL name, date of birth, doctor and the time and date that the sample was collected.
6. Screw the lid of the container down firmly and bring to the doctor's surgery or the laboratory as soon as possible. Keep at room temperature
7. You may be required to collect 3 specimens. Collect these on 3 different mornings

Please note that Saliva is of no use