SydPath
ST VINCENT'S PATHOLOGY

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SPUTUM COLLECTION

1. Collect the specimen first thing in the morning, prior to eating, drinking or smoking.
2. Thoroughly rinse your mouth out with water, do not use mouthwash or clean your teeth (remove dentures if present).
3. Cough directly into the collection container provided.
4. Screw cap on tightly and label the container with your full name, date, time of collection and referring doctor.
5. Deliver the specimen to your nearest Collection Centre or Doctor's surgery as soon as possible.

NOTE: The specimen (sputum) must originate from your lungs as the result of a deep cough. It should be thick and is usually coloured in appearance.
The specimen should not consist of saliva which is watery and colourless and originates from the mouth.

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