SydPath
ST VINCENT'S PATHOLOGY

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SPUTUM CYTOLOGY COLLECTION

1. This test may require three samples to be collected on three consecutive days. It is customary to collect an early morning specimen. However, if cough is more productive at any other time of the day then a specimen may be collected then as adequate specimens are essential.

2. It is preferable to collect the sample prior to eating. Rinse your mouth with water to remove food or debris prior to specimen collection.

3. Breathe deeply three to four times before producing the specimen into the container supplied. “Huffing" on expiration may help produce a more adequate specimen from your lungs. Note: Breathing in steam whilst having a hot shower or breathing in steam from a bowl with a towel over your head may be helpful in producing a satisfactory sample.

4. Label each specimen container with your name, date of birth, referring doctor and date the specimen was collected or day 1, 2 and 3.

5. Return the sputum sample to the Collection Centre or surgery on the same day of collection. If you are unable to bring each specimen in on a daily basis, the sputum specimens must be refrigerated until all three samples are collected and delivered to a Collection Centre or Doctor’s surgery. This should be as soon as possible after the third specimen has been obtained. Enquiries: (02) 8382 9217

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