

Sputum Specimen

Most laboratory tests require no special preparation on the part of the patient. There are some, however, that do.

What do I need to know about a sputum Specimen (sample)?

Preferably, the sputum sample should be a first-morning collection.

How do I collect a sputum sample?

To properly collect a sputum sample

- Remove the container from the package and lift the top hinged lid.
- Cough deeply to bring up secretions. **DO NOT SPIT** into the container as saliva cannot be cultured.
- Close the lid and place the container into the zip lock bag provided by the lab.
- Bring the sputum sample to the lab as soon as possible. If you cannot come to the lab soon, put the sample in the refrigerator until you can bring it to the lab.

For additional health information
contact the Health Information Center at (918) 494-1080