



PATIENT INSTRUCTIONS

SPUTUM COLLECTION PROCEDURE

The following collection instructions are intended to help you collect the correct specimen for the test your clinician has requested. First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

Collection of sputum:

1. Early morning sputum samples are preferable, but samples collected at other times of the day are also acceptable. Sputum is material brought up from as far down in the lungs as possible after a deep cough. It is not saliva.
2. Use container provided by physician for collection.
3. **Complete the information requested on the container label. Make sure you include your full name, and the date and time you collected the specimen. If you have a requisition, note the date and time on the requisition and your physician's full name and address.**
4. If you wear dentures, remove them.
5. Rinse your mouth well with water.
6. Wash and dry your hands thoroughly
7. Remove the container cap.
8. After a big cough, collect the sputum into the provided empty container.
9. Replace the cap and tighten firmly.
10. Remember to wash your hands thoroughly after collecting the specimen.
11. Keep the sputum sample refrigerated until it is taken to the laboratory. Take the specimen to the laboratory as soon as possible.

Containers and requisitions can be returned to any of the three Ottawa Hospital outpatient laboratories, or the specimen reception areas of the Department of Pathology and Laboratory Medicine.

Civic Campus: Civic Parkdale Clinic, 737 Parkdale Ave. Phone 722-7000, ext. 14992
Hours of operation: 8:00 – 16:00 hr.

General Campus: Outpatient Lab, Module J-10, 501 Smyth Rd. Phone 722-7000 ext. 78306
Hours of operation: 7:30 – 17:00 hr.

Riverside Campus: Laboratory, Main Floor, 1967 Riverside Drive. Phone 722-7000 ext. 88214
Hours of operation: 7:00 – 17:00 hr.