



**METHODIST**

HEALTH SYSTEM

PATIENT EDUCATION

## **Patient Instructions for Collection of Sputum for Culture**

1. Collect first early morning sputum the minute you wake up in the morning.
2. Rinse your mouth with water. If you wear dentures, please remove them before rinsing.
3. Cough hard to bring up sputum from deep in your lungs. Put the sputum directly into the sterile bottle provided. (We require that your sputum comes from coughing deeply. Spitting in the cup is NOT ADEQUATE!).
4. Carefully screw the container lid back on tightly. Make sure that the lid is on evenly; otherwise the sputum may leak out.
5. Label the container with your name, date of birth, and the date and time you coughed up the sputum.
6. Place the container in a sealed plastic bag.
7. If transportation is delayed more than 30 minutes, refrigerate the specimen. A refrigerated specimen is acceptable up to 24 hours after collection.

### **Questions about your test:**

If you have any questions about test, call the doctor that ordered the test or the Pathology Center, 402.354.4541 or 888.432.8980.