

Instructions: Collection of an AFB sputum specimen

When to collect	• First thing in the morning after getting out of bed. • For 3 tests - you will need to collect a specimen early in the morning, 3 days in a row.
What you will need	Container provided by the lab
How to collect	1. Rinse mouth and gargle with plain WATER (mouthwash will spoil the test results). Avoid getting food particles, saliva or postnasal drainage in specimen. 2. Cough deeply and cough up the sputum (mucus from your lungs) specimen into the sterile container provided. • The amount of sputum is very important. We need about 1 full tablespoon at the very least to get a good test. • The quality of the specimen is important. Sputum has a thick consistency. Avoid the watery, foamy saliva as much as possible. 3. Screw the lid on the container securely.
Labeling	Ensure container is labeled with: • Your full name • Health record number • Date and exact time of collection
Delivery to lab	Take the specimen(s) and lab test order from to the lab as soon as possible after collection of specimen(s). • Collect specimens on consecutive days and refrigerate (but never freeze). • Return specimens to lab within 8 hours after last specimen is collected.

