SOUTHERN ILLINOIS HEALTHCARE

Sputum Collection

- 1. It is preferable to collect sputum in the morning, upon rising.
- 2. Rinse mouth with water avoid adding saliva or nasal discharge to the collection container.
- 3. Cough deeply to expectorate a specimen from deep within the lower respiratory tract.
- 4. Collect the coughed up specimen in the sterile container provided by the laboratory.
- 5. If your provider orders more than one specimen each specimen should be collected separately; preferably on three separate mornings.
- 6. Label the specimen with your first and last name, date of birth, and date and time of collection.
- 7. Please return specimen to the laboratory within two hours of collection.