



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.