

Sputum collection instructions

Your physician has requested testing to be conducted on your sputum.

BEFORE YOU BEGIN

You will be given one or more containers depending on what tests your physician has requested.

Please follow your physician's instructions and deliver specimen to your clinic or to a MercyOne Des Moines Laboratory Patient Service Center. If you need the location or hours of a MercyOne Des Moines Laboratory Patient Service Center near you, please call 515-247-4439.

It is very important that your specimens are labeled and that you bring your physician's orders or a MercyOne Des Moines Laboratory test request with you.

Depending on the types of testing requested, final results might not be available for up to 6 weeks. If you have questions concerning your results, please contact your physician.

COLLECTION INSTRUCTIONS

1. First morning specimens prior to eating are recommended.
2. Only one specimen should be collected per day.
3. Rinse your mouth and gargle with water before collecting the sputum specimen.
4. Cough deeply to bring up the sputum from your lungs (not postnasal drip or saliva).
5. Collect the sputum into the container provided.
6. Replace the screw-cap lid.
7. Label the specimen container with:
 - your first and last name
 - birth date
 - date and time the specimen was collected
8. Deliver specimens as soon as possible after collecting. If it will be longer than two hours before the specimen will be delivered, refrigerate the container. The specimen should not be refrigerated for longer than 24 hours before delivering to the lab.



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