

Instructions for patient: How to collect a good sputum specimen

Patient should be near an open window and away from others when collecting sputum (if possible)

Rinse mouth with warm boiled water
Take 3 deep breaths and on the third exhalation try to cough up sputum from deep in the chest (not from the throat or nose). Please collect about a teaspoonful of sputum if you can. Make sure there is no saliva

Open the container when you are ready to collect the sputum. Avoid touching inside the lid and the container. Close the lid tightly when you have collected sputum and return to healthcare staff immediately.

If patient cannot produce sputum alone, nurse may assist patient by performing chest percussion. Nurse must wear N95 mask.

Healthcare staff to transport to laboratory immediately. Avoid unnecessary delay. In case of delayed transportation, store specimen in refrigerator and arrange timely transfer.

