

PATIENT DIRECTIONS FOR SPUTUM COLLECTION

STEP 1

Before you go to sleep for the night, drink a large glass of water.



STEP 2

When you wake up from sleeping, do not eat, drink, smoke, or brush your teeth before you collect your sputum.



STEP 3

Rinse your mouth with water, then spit the water out.



STEP 4

Go outside or get close to an open window. Make sure other people, especially children, are far away from you.



STEP 5

Open the brown container, then open the metal container, to get the plastic container.



STEP 6

Open the plastic container by removing the blue cap. Keep the blue cap close to you.



STEP 7

Take deep breaths until you can feel sputum collecting in your chest.



STEP 8

Cough the sputum from your chest into your mouth.



STEP 9

Hold the plastic container very close to your mouth. Carefully spit the sputum into it.



STEP 10

If there are not at least 5 milliliters (mL) of sputum in the plastic container, repeat steps 7-9.



STEP 11

Tightly close the plastic container with the blue cap.



STEP 12

Place the plastic container into the metal container. Tightly close the metal container with the cap.



STEP 13

Place the metal container into the brown container. Tightly close the brown container with the cap.



STEP 14

Place the brown container into a refrigerator.



Collect your sputum only one time per day.