

# **Sputum Collection Instructions**

## **For**

## **Culture**

1. Gargle and rinse mouth well, with water.
2. Collect early morning sputum from a deep productive cough into sample cup.  
This should be phlegm, not saliva.

Write the date on the outside of the container and place in the plastic bag provided. (Make sure the lid is on tight).

Store the specimen in the refrigerator.

3. After collection, bring the specimen to CUHCC as soon as possible, between the hours of 0830AM and 445PM Monday thru Friday. (Excluding Holidays)

**Note:** Prompt delivery of the specimens to the lab after collection is very important for timely results. Specimens should be stored in the refrigerator until then. Specimen must arrive within 24hrs.