

## Sputum for Culture

### About your Test

- Your health professional has requested this test to check for the presence of infection.
- This test requires you to collect a sample of your sputum (lung secretions).
- To ensure optimal test results it is important to collect sputum and **NOT** saliva or nasal secretions from the back of your throat.
- You will need to obtain a specimen container and a delivery bag from your health professional or from one of our collection centres.

### Test Procedure

1. Before you collect your sample (preferably when you first get up in the morning), rinse your mouth and gargle with tap water 3 or 4 times. Do not use toothpaste to clean your teeth before collecting the sample. For patients with dentures, remove dentures first.
2. Avoid collecting saliva if possible. Perform a 'deep cough' to produce sputum (take several deep breaths before each cough can help).
3. Collect the sputum sample directly into the specimen container and screw the lid down firmly.
4. Write your full name, date of birth, and date and time of collection on the container label and put the container in the delivery bag with the request form in the front pocket.
5. Store your sample in a cool place out of direct sunlight (not your fridge), and deliver as soon as possible to the laboratory or one of our collection centres.

**Reminder: Have you labelled the container?**