



## Capital Health

### **Instructions for the Collection of a Sputum Sample**

**Please read carefully or your specimen may be rejected by the lab**

#### **The container:**

- Only use the dry sterile container supplied by the lab or your physician's office.

#### **How to collect a sputum sample:**

- If you wear false teeth, remove them before proceeding.
- Brush your teeth with water. **\*Do not use toothpaste.\***
- Rinse your mouth and gargle with water. **\*Do not use mouthwash.\***
- Cough up sputum sample from deep in the chest. Let the sample pass directly into the sterile specimen collection container.
- Do not mix saliva or post-nasal drainage with what is coughed up from the chest.

**Please not the following: If you have trouble collecting the specimen, please contact your healthcare provider.**

#### **Make sure the specimen container label includes:**

- Your legal name
- Your Health Card Number or another unique identifier (as determined by your healthcare provider)
- Date and time of collection.

#### **Make sure the requisition form includes:**

- Your legal name
- Your date of birth
- Your Health Card Number or another unique identifier (as determined by your healthcare provider)
- Physicians full name and address
- Date and time of collection.
- Any antibiotics you are taking

#### **Deliver the specimen within 2 hours to:**

QEII Health sciences Centre  
Central Specimen Accessioning  
Main Floor, Mackenzie Building  
5788 University Avenue,  
Halifax, N.S.  
(24 hour access for drop-offs)

**or:** Your local district laboratory

**If delay is expected, refrigerate the sample (do not freeze), but deliver the same day as collected.**