

Specimen Collection Guidelines - Sputum Specimens

Sputum (or phlegm) samples are better when collected first thing in the morning and brought to the laboratory on the same day, as soon as possible.

1. Please label the specimen container with your name, date of birth, and the date you produced the specimen.
2. Rinse mouth out well with water before attempting to obtain sputum specimen.
3. If your request form as “ROUTINE” ticked, we need only one sputum specimen.
4. If your request form has “CYTOLOGY” ticked, you are to produce **one** sputum specimen **per day** for three days.
5. If your request form has “TB” ticked, you are to produce **one** sputum specimen **per day** for three days.
6. If both “CYTOLOGY” and “TB” are ticked, we will need **two** sputum specimens **per day** for three days.
7. A correct sputum sample is one that you feel has come up from being in your chest or lungs. Saliva is totally unsatisfactory.

If you have any problems please contact Canterbury Health Laboratories:

Christchurch:	cnr Hagley Ave and Tuam St.	Ph 364 0300
Ashburton:	Ashburton Hospital, Elizabeth St.	Ph 307 8456