



## How to Provide a Sputum Specimen

**Your physician has asked you to provide a sputum specimen. Important tests will be done on your specimen. You can help assure the accuracy of these tests by following these instructions:**

1. **Rinse** mouth thoroughly with water.
2. **Cough** deeply to loosen sputum.
3. **Expectorate** (spit) sputum into the sputum container/cup you were given.
4. **Take** sputum specimen to the laboratory **within two (2) hours of collection**.

Some of the microbes that cause respiratory diseases are very fragile.

<b>Oregon Medical Group Adult Medicine</b> 920 Country Club Road; Eugene, OR	<b>Oregon Medical Group Southtowne Family Medicine</b> 1835 Pearl Street; Eugene, OR
<b>Oregon Medical Group Center for Women's Health</b> 330 Garden Way; Suite 220; Eugene, OR	<b>Oregon Medical Group at Thurston</b> 5781 Main Street; Springfield, OR
<b>Oregon Medical Group Crescent Family Medicine</b> 2830 Crescent Ave; Eugene, OR	<b>Oregon Medical Group West Eugene Medical Clinic</b> 4135 Quest Drive; Eugene, OR
<b>Oregon Medical Group Garden Way Medical Clinic</b> 330 Garden Way; Suite 330; Eugene, OR	<b>Oregon Medical Group Westmoreland Family Medicine</b> 1650 Chambers Street; Eugene, OR