



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 only.
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.

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