



# Patient Information Sheet

## Sputum Collection

### No appointment is necessary for this test

Your doctor has referred you to have a sputum test.

Sputum is usually thick in consistency and opaque. Saliva, unlike sputum is clear and colourless. Please ensure sputum and not saliva is collected for an accurate result.

- Prior to collection, gargle and rinse mouth out with water and discard.
- If your doctor has asked you to collect a series then please collect 3 samples (one sample per day) of early morning sputum on three consecutive days.
- Cough deeply and spit mucus (phlegm) into the yellow-topped container provided. This may require 15-30 minutes of deep coughing, with rests in between, to produce an adequate specimen. A warm shower may provide enough steam to loosen the phlegm.
- Please label container clearly with your full name, date of birth, collection date and time specimen was collected. If you are collecting a series please also number the specimen (1 of 3, 2 of 3, 3 of 3)
- Best results are obtained on a fresh specimen. Please deliver your specimen to your nearest collection centre on the day of collection.
- Please refrigerate specimen if there will be a delay in delivery.

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**For further information or to make an appointment, please contact your nearest Collection Centre**

Updated Collection Centre details may be found:

- On the reverse of your request form
- Website: [www.capitalpath.com.au](http://www.capitalpath.com.au)
- Phone: 02 6285 9800