



Patient Instructions

Sputum – Cytology Test

Your health care provider has requested a sputum specimen.

Sputum is material brought up from the lungs after a deep cough. It is **not** saliva.

In order to produce a meaningful laboratory test result, follow these instructions exactly.

Number of sputum specimens to be collected: _____

Collection

1. Upon rising each morning, immediately collect all the sputum produced for **one hour** into one of the “CYTOLOGY” containers provided.
2. After each addition, screw the cap securely on the container and gently shake to mix the sputum with the preservative in the container.

Labelling

1. Label each container with your name, date of birth, and the date of collection.

Packaging

1. Place the container in one of the bags provided and securely close the bag.
2. Fold any paperwork and place in the external pocket of the specimen transport bag. This ensures the specimen will not leak onto the paperwork. Each plastic bag must contain only one specimen.

Storage and Transport

1. Refrigerate and bring all the containers to the laboratory on the last day of collection.