



St. Michael's

DEPARTMENT OF LABORATORY MEDICINE  
DIVISION OF PATHOLOGY

Document Name: Sputum Collection Instructions for  
Cytology

Document #: 59961  
Status: Current

Uncontrolled When Printed

## SPUTUM COLLECTION FOR CYTOLOGY

### Materials supplied:

Orange Lid Sterile Specimen Container X3  
Biohazard bag X3

### Materials needed but not supplied:

Requisition completed by physician or clinic

### Collection Guidelines:

- Collect one specimen per day for 3 days
- Sputum is material brought up from the lungs .Saliva and mucus from the nose and throat are not useful for laboratory tests.
- The best time to collect a sputum sample is in the early morning because secretions have accumulated overnight.
- Drink plenty of fluids the night before to increase the production of sputum. If your doctor has asked you to restrict your fluid intake, follow his or her directions.
- It is recommended that you take hot, steamy bath or shower before collecting sputum. The hot steam will loosen up the secretions in your lungs.

### Collection Instructions;

1. Collect sample first thing in the morning (before eating)
2. Cough deep within the lungs to obtain sputum (sputum is a thicker consistency than saliva)
3. Open the sterile container, cough sputum directly into the sterile container and tightly secure the lid once finished.
4. Repeat the above steps for each collection

### Delivery to the Lab;

- Sample must be labelled with your **Name, Date Of Birth, MRN # and /or OHIP**
- Ensure the START/FINISH dates and times are written on the requisition
- Make sure the lid is tightly fastened
- Deliver specimen to; Blood Collection Site OR- Core Lab. 2<sup>nd</sup> Floor Cardinal Carter Wing

### Questions:

Please call the Department of Laboratory Medicine at 416-864-5082

Authority for Issue: David Hancock	Authorized Date: 10/16/2017
Version: 1.2	Effective Date: 10/16/2017
Any document appearing in paper form is uncontrolled and should be checked against the master electronic current version prior to use. Only original printed material with the "CONTROLLED" water mark may exist in designated locations. The controlled printed document should only be used when the electronic version is unavailable. Unauthorized photocopies or alterations of this document are uncontrolled documents.	