

PATIENT DIRECTIONS FOR SPUTUM COLLECTION

Step 1

Before you go to sleep for the night, drink a large glass of water.



Step 8

Cough the sputum from your chest into your mouth.



Step 2

When you wake up from sleeping, do not eat, drink, smoke, or brush your teeth before you collect your sputum.



Step 9

Hold the plastic tube very close to your mouth. Carefully, spit the sputum into it.



Step 3

Rinse your mouth with water, then spit the water out.



Step 10

If there are not at least 5 milliliters (mL) of sputum in the plastic tube, repeat steps 7-9.



Step 4

Go outside or get close to an open window. Make sure other people, especially children, are far away from you.



Step 11

Tightly close the plastic tube with the blue cap. Seal the cap with tape provided. Wrap the tube in the absorbent material provided.



Step 5

Use TB kit provided. Open white container, then open plastic container to get the plastic tube. Label tube with name, DOB, and collection date.



Step 12

Place the plastic tube into the plastic container. Tightly close the plastic container with the cap.



Step 6

Open the labeled plastic tube by removing the blue cap. Keep the blue cap close to you.



Step 13

Place the plastic container into the white container. Tightly close the white container with the cap.



Step 7

Take deep breaths until you can feel sputum collecting in your chest.



Step 14

Place the white container into a refrigerator. Store until taken to the clinic.



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