

Sputum Culture Collection Guide

Waikato Hospital Laboratory Outpatients

Health New Zealand
Te Whatu Ora

Sputum Collection for Culture

Pre-Collection Instructions

- Best collected in the morning
- No food or drink within 1-2 hours of collection
- Rinse your mouth out with water 1-3 times before starting

Collection

- Take a deep breath, hold for a few seconds, breath out
- Take another deep breath and cough to bring sputum from deep in your lungs – you may need to repeat this a few times
- Collect into the container provided and screw lid on tightly

Post Collection

- Label the container with your (patient) full name, date of birth, and time and date the sample was collected
- Place into the bag provided, along with the laboratory form
- Return to laboratory outpatients as soon as possible



Important information

- Careful not to contaminate your sputum with saliva, this will make results harder to interpret
- Label the container clearly with all information required
- If you cannot return the specimen until following day, sample may be kept refrigerated overnight