

Sputum Collection Instructions for Tuberculosis Culture.

1. Rinse the mouth with filtered, bottled, or sterile water. Tap water may contain nontuberculous mycobacteria and should not be used.
2. Inhale (breathe in) deeply, as far as you can, and exhale slowly. Repeat 2 more times.
3. After the 3rd breath, inhale completely and try to cough hard to produce sputum from deep in the lungs. You may feel a rattle or tickle as the sputum moves up from the lungs into your throat.
4. Expectorate the sputum into a sterile cup that has been given to you. When you have at least 5mL (1 teaspoon) of sputum, replace the lid on the container and tighten it so it does not leak. Make sure the lid is screwed on correctly and is not crooked or loose to prevent leaking.
5. Seal the container within the inner biohazard bag containing the absorbent paper. Make sure the bag is fully sealed and place inside the second bag, sealing this bag fully as well. Place the lab paperwork inside the outer pocket of the bag.