

Equipment

3 Jars

Instructions

1. It is customary to collect an early morning specimen on three (3) consecutive days. Adequate specimens are essential. If your cough is more productive at any other time of the day then the specimen may be collected then. The container may be used more than once.
2. The specimen must be sputum (or phlegm) produced from your lungs and not saliva which is produced in the mouth.
3. Breathing deeply 3 or 4 times before collecting the specimen and “huffing” on expiration may help produce a more adequate specimen.
4. Breathing in the steam whilst having a hot shower or breathing in steam from a bowl with a towel over your head may also prove helpful towards producing a satisfactory specimen.
5. Label each jar with your name, date of birth and whether it is Day 1, Day 2 or Day 3 and refrigerate.
6. Return all samples to the collection centre as soon as possible (each day).