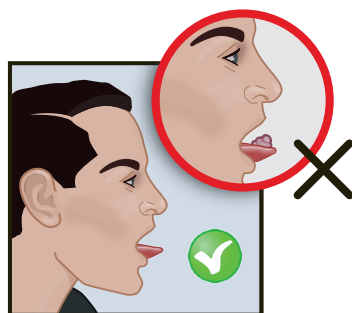# Sputum Specimen Collection

Important Note: The best time to collect a specimen is in the morning, just after waking up.

Important Note: Make sure you are alone in a well-ventilated room or outside with no one around, to avoid possible disease transmission through droplets.

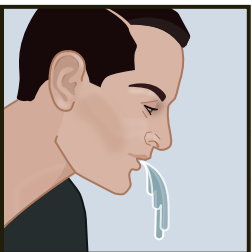1 Ensure mouth is clear of any food particles.
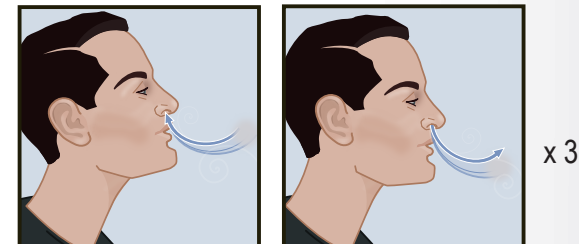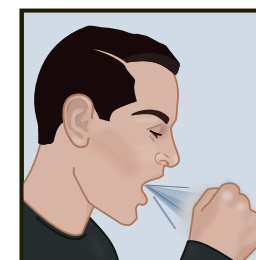

2 Rinse mouth with water.

3 Spit water out.

4 Only open the container when ready to produce a sputum. Inhale and exhale repeatedly 3 times to full lung capacity.

x 3

5 Exhale the air with an explosive cough. This should produce mucus from the lungs that can be expectorated into the container.
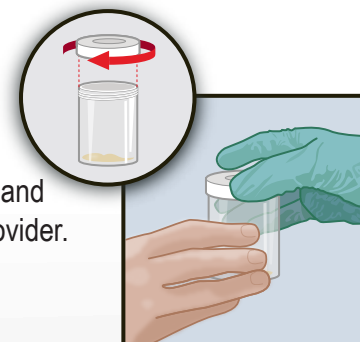

6 Saliva or nasal discharge is not an adequate specimen. Make sure to expectorate into the container without contaminating the outside. Required volume of sputum is 1 mL or more.
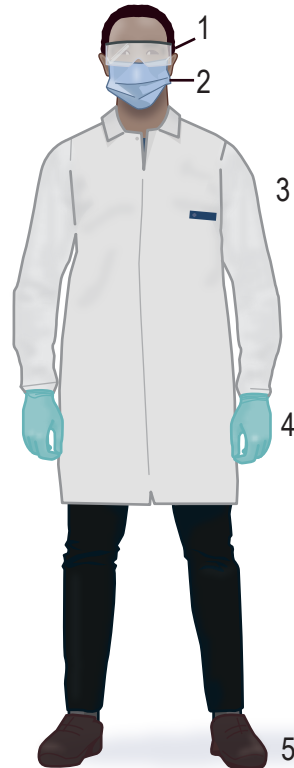

7 Tightly close the container and give it to the healthcare provider.

CE IVD

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Patient Assistance for Sputum Specimen Collection

Materials for sputum collection:

1 - Clean glass and drinking water

2 - 0.5% chlorine solution prepared that day

3 - Sputum container with screw top lid

4 - Permanent marker to identify sample

5 - Tray for transporting collection tools

Personal Protective Equipment:

1 - Face shield or goggles

2 - Face mask

3 - Long-sleeved, cuffed gown

4 - Disposable gloves

5 - Closed-toed shoes

Assisting the patient:

1 See reverse of document for the collection steps.

2 Insist on biosafety recommendations and emphasize disease transmission risks to patient.

3 Stand behind the patient when collecting the sample to minimize droplet exposure.

4 Once the sputum container is closed, disinfect the outside of the sputum container with 0.5% chlorine solution on a piece of gauze.

5 Discard gauze and gloves into the biohazard container.
Bring the sample to the GeneXpert to run the test.

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