



# PATIENT INSTRUCTIONS FOR THE COLLECTION OF SPUTUM SPECIMENS FOR CYTOLOGY

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1. Sterile container (yellow container) is to be used. In most cases your doctor will provide you with such containers or otherwise contact the laboratory on the telephone number below to make arrangements.
2. Ideally the deep phlegm specimen should be collected early in the morning. A sputum specimen from any time of the day can be used only if this is not possible. Patients should clean their teeth and thoroughly rinse their mouth with water. Do not use mouthwash (eg Listerine).
3. Sputum should be a deep cough specimen and contain no saliva. The specimen is to be delivered to the laboratory as soon as possible after collection, if delivery is delayed specimen is to be refrigerated.
4. Label the containers with your name, date of birth and the date of collection. Deliver to the nearest collection centre or to your doctors surgery for transport arrangements.

## Multiple specimens

If the request is “x3”, specimens must be collected on three consecutive (3) days.

For further inquiries or additional information regarding this testing procedure you can either speak directly with the attending pathology collector or by contacting the main laboratory Customer Service Department on 1300 633 522.