

# Sputum Cytology

## Equipment:

3 sterile yellow lid jars.

## Medication restrictions include:

1. Where possible, please collect sputum specimens in the early mornings. However, if your cough/sputum production is higher at another time of the day, then the specimen may be collected then. Adequate specimen is essential. The container may be used more than once within a SINGLE day if you are unable to produce/collect adequate specimen in one cough.
2. 3 separate specimens must be collected over 3 consecutive days.
3. The specimen must be sputum (or phlegm) produced from your lungs and not saliva which is produced in the mouth.
4. Breathing deeply 3 or 4 times before collecting the specimen and “huffing” on expiration may help produce a more adequate specimen.
5. 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.
6. Label each jar with your:
  - Surname
  - Date of Birth
  - Given Name
  - Time & Date of Collection
  - Please label day 1, day 2 or day 3
7. Specimen should be delivered as soon as possible on the day of collection. If there is a delay in delivery, please refrigerate.

## Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

