

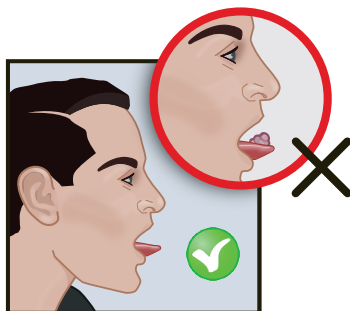
Sputum Specimen Collection

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.



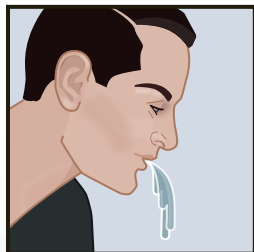
2

Rinse mouth with water.



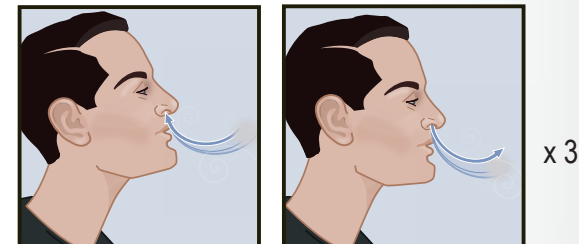
3

Spit water out.



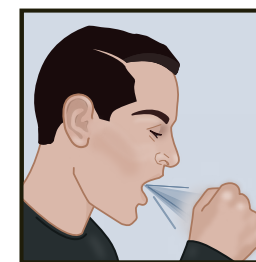
4

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



5

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



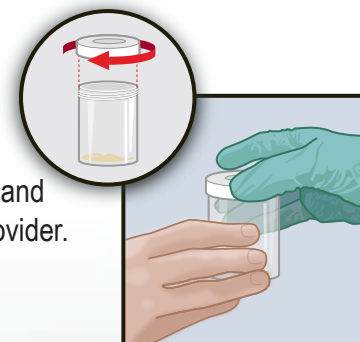
6

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.



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.