

PATIENT INSTRUCTIONS

- Before breakfast; Rinse your mouth with water.
- Cough lightly and spit out any saliva in your mouth.
- Take a deep breath and cough as vigorously as possible.
- Spit the sputum into the container.
- Label the jar with your full name, date of birth and the date & time of collection. Place in the biohazard bag provided.
- Take the jar to the collection centre as soon as possible.
- Please place the jar in the fridge if you cannot take it to the collection centre straight away.
- If you have been asked to collect a series of three specimens over three **consecutive** days, you should use a fresh jar for each specimen. Label each jar with specimen number (**1,2 & 3**)
- Take **each** jar to the collection centre **each** day.