

Sputum Collection

1. Cough lightly and spit out any saliva in your mouth.
2. Rinse the mouth with water.
3. Take a deep breath and cough as vigorously as possible.
4. Spit the sputum into the container.
5. Label the jar with your full name and date and time of collection.
6. Take the jar to the collection centre as soon as possible.
7. Keep refrigerated if you cannot take it to the collection centre straight away.