

# Collecting Sputum

Your doctor wants you to collect sputum for testing. Sputum is the thick material from deep in the lungs. You must cough deeply to get a sample out. It is not the watery fluid in your mouth or the back of your nose or throat.

## How to Collect Sputum

You need to collect 1 sample of sputum each morning before breakfast for 3 mornings in a row. Collect each sample in a separate container.

Steps:

1. Spit out any fluid in your mouth.
2. Rinse your mouth well with water.
3. Cough deeply to get sputum up from the lungs. Spit the sputum directly into the container.
4. Close the container tightly.

## After you get the sample:

- Keep the container at room temperature until you return it for testing.
- Write your name and the date of the sample on each container.
- Return all 3 containers to:

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**Call your doctor's office** if you cannot cough up sputum from your lungs.

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# Toma de muestra de esputo

Su médico desea que tome una muestra de su esputo para examinarla. Esputo es el material espeso proveniente de lo profundo de los pulmones. Usted debe toser profundamente para obtener una muestra. No es el fluido acuoso en su boca o de atrás de la nariz o garganta.

## Cómo tomar una muestra de esputo

Debe tomar una muestra de esputo cada mañana antes del desayuno durante 3 mañanas consecutivas. Guarde cada muestra en un recipiente aparte.

Pasos:

1. Escupa cualquier líquido que tenga en la boca.
2. Enjuáguese bien la boca con agua.
3. Tosa profundamente para obtener esputo de los pulmones. Escupa el esputo directamente en el recipiente.
4. Cierre el recipiente firmemente.

## Después de obtener la muestra:

- Mantenga el recipiente a temperatura ambiente hasta que lo devuelva para examinarlo.
- Escriba su nombre y la fecha de la muestra en cada recipiente.
- Devuelva los 3 recipientes a:

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**Llame a la consulta de su médico** si no puede obtener el esputo de sus pulmones.

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