



## **PATIENT INSTRUCTIONS - SPUTUM MC&S OR CYTOLOGY**

1. Sputum is a secretion from the lungs. It is not saliva or secretion from the nose. It is therefore essential that the specimen submitted is coughed up from the lungs and not from the mouth or throat
2. Three specimens collected on consecutive mornings may be required depending on the tests to be performed. You should be advised on this by your Doctor or staff at the Collection Centre.
3. The specimen should be collected in the morning immediately after rising since the overnight accumulation of secretions produces the most satisfactory material.
4. Before collecting the specimen rinse your mouth thoroughly with water.
5. To collect the specimen cough deeply from your chest and expel this material directly into the container provided. Remember it is important that the specimen comes from the lungs - cough deeply. If the specimen is found to be unsatisfactory in the laboratory, your Doctor may request a repeat collection.
6. Label the container with your surname, first name, date, time and referring doctor and take it to the collection centre or Doctor's surgery as soon as possible.
7. The specimen should be stored in the refrigerator whilst waiting to be transported to the collection centre or Doctor's surgery.

### **Barratt & Smith Pathology**

31 Lawson Street, Penrith • NSW 2750 • Australia  
Tel (02) 4734 6500 • Fax (02) 4732 2503  
Mail Address • PO Box 443 • Penrith • NSW 2751 • Australia

### **Douglass Hanly Moir Pathology**

14 Giffnock Avenue • Macquarie Park • NSW 2113 • Australia  
Tel 9855 5222 • Fax 9878 5077  
Mail Address • Locked Bag 145 • Macquarie Park • NSW 1670 • Australia