



## Patient Instructions

### Sputum – C&S or TB/AFB

Your health care provider has requested a sputum specimen(s) for the test(s) marked below [x]. To produce a meaningful laboratory test result, follow these instructions exactly.

**C&S TEST**

**TB/AFB TEST** Number of sputum specimens to be collected: \_\_\_\_\_

#### Collection

1. Early morning sputum samples are preferable before eating and drinking; however, samples collected at other times of the day are also acceptable.
2. Breathe in deeply, then cough hard to bring up sputum from the lungs. Spit this into the "C&S" container provided. Repeat as needed until you have 10mL of sputum.  
**Note:** Sputum is not just saliva - simply spitting into the container without deep coughing will not produce a good sample.
3. Close the container lid tightly.

#### Labelling

1. Label the container with your name, date of birth, and date of collection.

#### Packaging

1. Place the container in one of the bags provided and securely close the bag. Each plastic bag must contain only one specimen.
2. Fold any paperwork and place in the external pocket of the specimen transport bag. This ensures the specimen will not leak onto the paperwork.

#### Storage and Transport

1. Refrigerate specimen and return to the lab on the same day of collection. If specimen collected overnight, return to lab as soon as possible in the morning. Delays may affect test results.
2. If multiple samples are collected, you may choose to bring one sample to the lab each day or refrigerate all 3 and bring them to the lab up to 24 hours after the last sample is collected.