

SPUTUM COLLECTION INSTRUCTIONS FOR A PATIENT

COLLECT SPUTUM FOR EXAMINATION

- **Explain** that the TB suspect needs a sputum examination to determine whether there are TB bacilli in the lungs.
- **Label** the sides of the sputum containers (not the lids).
 - 3 samples are needed for diagnosis of TB.
 - 2 samples are needed for follow-up examination.
- **Fill out Request for Sputum Examination form.**
- **Explain and demonstrate, fully and slowly, the steps to collect sputum.**
 - * Show the TB suspect how to open and close the container.
 - * Breathe deeply and demonstrate a deep cough. The TB suspect must produce sputum, not only saliva.
 - * Explain that the TB suspect should cough deeply to produce sputum and spit it carefully into the container.
- **Collect**
 - * Give the TB suspect the container and lid.
 - * Send the TB suspect outside to collect the sample in the open air if possible, or to a well-ventilated place, away from other people and with sufficient privacy.
 - * When the TB suspect returns with the sputum sample, look at it. Is there a sufficient quantity of sputum (not just saliva)? If not, ask the TB suspect to add some more.
 - * Explain when the TB suspect should collect the next sample, if needed. (See schedule below.)

TB SPECIMEN	
Name:	_____
Health facility:	_____
Date:	_____
Specimen no.	_____

SCHEDULE FOR COLLECTING THREE SPUTUM SAMPLES

Day 1:

- * Collect “on-the-spot” sample as instructed above (**Sample 1**).
- * Instruct the TB suspect how to collect an early morning sample tomorrow (first sputum after waking). Give the TB suspect a labeled container to take home. Ask the TB suspect to bring the sample to the health facility tomorrow.

Day 2:

- * Receive early morning sample from the TB suspect (**Sample 2**).

- **When you collect the third sample, tell the TB suspect when to return for the results.**
- **Store**
 - * Check that the lid is tight. Wipe off the outside of the container, if needed.
 - * Isolate each sputum container in its own plastic bag, if possible, or wrap in newspaper.
 - * Store in a cool place.
 - * Wash your hands.
- **Send**
 - * Send the samples from health facility to the laboratory.
 - * Total time from collection until reaching laboratory should be no more than 5 days.