

## Patient Instructions for Collection of Sputum for Culture

1. Collect first early morning sputum the minute you wake up in the morning.
2. Rinse your mouth with water. If you wear dentures, please remove them before rinsing.
3. Cough hard to bring up sputum from deep in your lungs. Put the sputum directly into the sterile bottle provided. (We require that your sputum comes from coughing deeply. Spitting in the cup is NOT ADEQUATE!).
4. Carefully screw the container lid back on tightly. Make sure that the lid is on evenly; otherwise the sputum may leak out.
5. Label the container with your name, date of birth, and the date and time you coughed up the sputum.
6. Place the container in a sealed plastic bag.
7. If transportation is delayed more than 30 minutes, refrigerate the specimen. A refrigerated specimen is acceptable up to 24 hours after collection.
8. Specimens can be dropped off at the following locations:

### **Methodist Hospital Admitting**

8303 Dodge Street

North Tower, First Floor

Hours: 7am – 5pm Monday – Friday  
7:30am – 2pm Saturday

### **Methodist West Dodge Plaza**

515 North 162<sup>nd</sup> Avenue

First Floor, Suite 100

Hours: 7:30am – 4pm Monday – Friday

### **Methodist Women's Hospital**

707 North 190<sup>th</sup> Plaza

First Floor, Radiology

Hours: 7:30am – 4pm Monday - Friday