



# Sputum collection

To check for tuberculosis (TB), we would like you to collect three early morning sputum (phlegm) samples.



When you wake up in the morning, before you eat, drink or brush your teeth, cough up your sputum sample.



It is important you cough sputum from your lungs, **not** spit from your mouth.



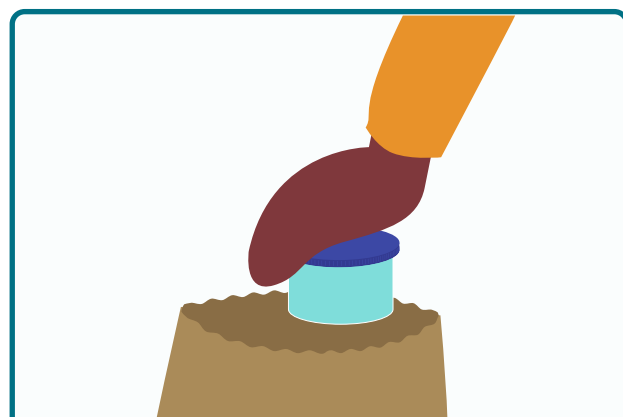
Take three deep breaths in and out.



Cough the sputum into the collection jar marked **number 1** and close the lid.



Write the time and date on the collection jar.



Put the collection jar into the **brown paper bag** provided and store in the **fridge** (not the freezer).



Repeat these steps for the next two mornings using the jars numbered 2 and 3.

After the last sputum has been collected, place a frozen ice brick into the esky provided with the three collected samples and return them to the TB clinic or the local Pathwest pathology laboratory.