



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.



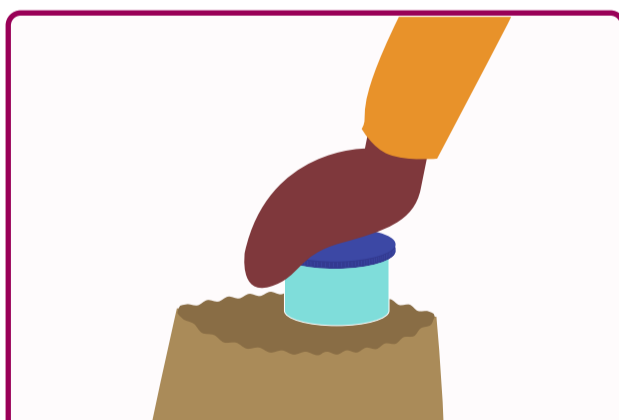
Take three deep breaths in and out.



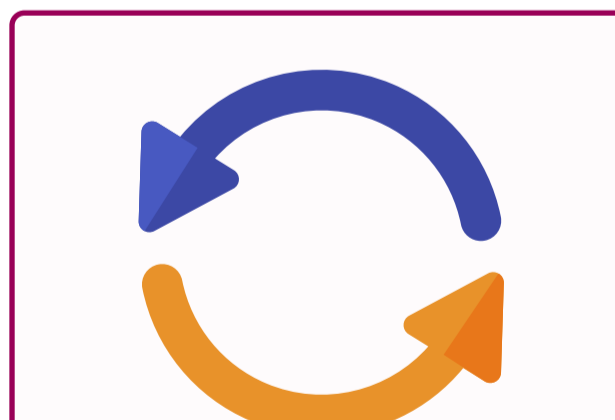
Cough the sputum into the collection jar marked **number 1** and close the lid.



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.