

SPUTUM COLLECTION



Purpose

Sputum is collected to check for the presence of tuberculosis germs in your lungs

General Directions

- Please read this pamphlet before you begin. The Chest Center staff will also explain the procedure to you. Ask them any questions before you enter the sputum room.
- Follow each step carefully.
- Do not open sputum jar until you are ready to cough.
- At the end, give the jar with the sputum to the Chest Center staff and make sure to return this pamphlet before leaving the sputum room.
- You will be supervised by staff throughout this process.

For information about TB, call **311** or visit our website: nyc.gov/health

Step 1

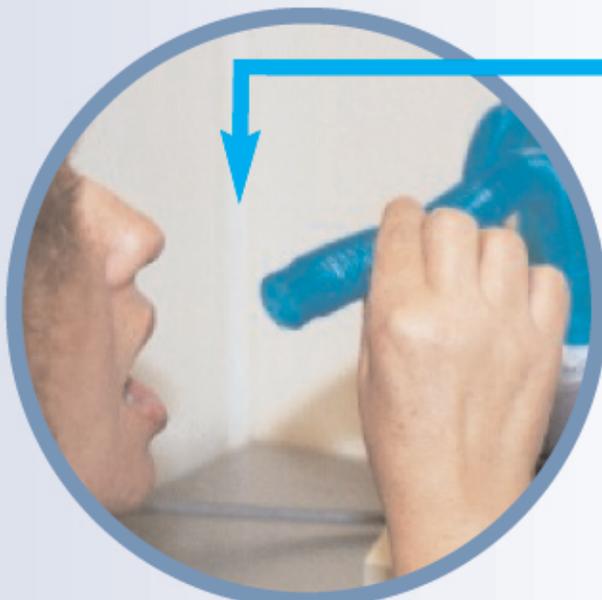
- Turn the sputum machine **on**;
- You'll see **mist** (steam) coming from the tube;

Step 2

- Hold tube close to your mouth, **without** mouth touching tube;
- Do **not** suck or blow into tube;
- Keep mouth **wide open**;
- Inhale mist through your mouth by taking **3 deep breaths**;
- **Repeat** inhaling until you feel you are about to **cough**;

Step 3

- Count **1 to 5**;
- **Unscrew** top lid of jar;
- Get **ready**;



Step 4

- Cough strongly **three** times, to bring sputum up from your lungs;
- Spit into jar carefully **without** spilling sputum outside jar;
- **Repeat step 2** to inhale more mist and bring up more sputum;



Step 5

- Cover jar **tightly** when you have about one tablespoon of sputum in jar;
- Make sure jar is **tightly closed**;
- Turn **off** machine;



Step 6

- Place jar inside **plastic bag** with orange label (bio-hazard);
- **Close** plastic bag carefully;



Step 7

- Leave booth and go into **anteroom**;
- Give plastic bag (with jar inside) to Chest Center **staff**;



Step 8

- Wash hands with **water** and **soap**;
- **Dry** hands with paper towel;
- Place paper towel into **garbage can**;



Step 9

- Wait until you **stop** coughing before you leave the sputum room;
- **Close** the door after leaving the sputum room.

