

Collecting a SPUTUM sample to determine the presence of MYCOBACTERIUM

- To collect the sample, use a sterile container that has a wide opening with a screw-on lid that can be requested at a laboratory or purchased in a pharmacy.
- The sample is collected in the morning. If dentures are worn, they must be removed. Then proceed to rinse the oral cavity using a saline solution or distilled water or a mouthwash and then gargle.
- Deeply cough into the sterile container and collect at least 2 ml of sputum that comes from the lower breathing passages. Do not collect any saliva or nasal secretions (otherwise the sample is not suitable).
- Carefully screw on the lid.
- Bring the sample to a laboratory as soon as possible to ensure that the mycobacterium survive and to avoid other contaminated micro-organisms from multiplying. If the sample cannot be brought to a laboratory within an hour, keep the sample in a refrigerator at +4°C for no more than 48 hours.
- Collect three samples of sputum during the **following days**.

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