



Department of Health
Bureau of Laboratories

Sputum Collection Kits

Sputum Collection Instructions

- Collection kit will include:
 1. Plastic collection tube
 2. Biohazard bag with absorbent sheet
 3. Lab slip with clear plastic bag
 4. Cold pack – Place the cold pack into freezer until shipping
 5. Foam insert
 6. Pre-addressed postage- paid outer mailer box
- The public health nurse will help you fill out the lab slip and put the return address on the mailer.
- Write the date of the collection on the lab slip and tube.
- Sputum comes from the lungs, after a deep cough. When you first wake up in the morning, cough up the sputum before drinking, eating or smoking
- Cough directly into the tube. DO NOT get the sputum on the outside of the tube. If necessary, wash the outside of the tube.
- Replace the cap on the plastic tube. Fasten the cap securely. Place the tube into the biohazard bag containing the absorbent pad. Seal and refrigerate the specimen bag until shipping.

Shipping Directions

- Place the frozen ice pack into the foam one side of the foam insert.
- Place the specimen bag(s) containing the specimen into the other half of the foam. Up to three samples can be shipped in the same box.
- Place the foam box into the pre-addressed postage paid cardboard box mailer.
- Place the lab slip(s) one per each sputum tube into clear plastic bag.
- Place the lab slip bag on the outside of the foam and inside of the mailer.
- Use the courier service or United States Postal Service with pre-addressed label