

 ZZJZ MEĐIMURSKE ŽUPANIJE DJELATNOST KLINIČKE MIKROBIOLOGIJE	UPUTA ZA UZIMANJE UZORAKA ZA PACIJENTE	Oznaka dokumenta: Obr. 5.4.4/2
		Strana/stranica 1/1
		Izdanje/revizija 1/1

Type of Sample: **SPUTUM**

Sputum is mucous or purulent material coughed up from the lower respiratory tract.

Sputum is **not** saliva from the mouth or secretions from the back of the throat.

Prepare a sterile container (available from your doctor, our laboratory, or at the pharmacy).

It is best to collect the sputum in the morning, due to the accumulation of secretions overnight.

Before collecting the sample, do not eat, smoke, or brush your teeth with toothpaste. However, rinse your mouth with water.

The sample should be collected away from other people, preferably outdoors or in a well-ventilated area (e.g. a bathroom with an open window).

PROCEDURE:

Wash your hands with soap and water.

Rinse your mouth with water (gargle and spit into the sink).

Open the sterile container.

Take a few deep breaths in and out, then cough deeply from the lungs to bring up sputum. Spit the sputum directly into the container.

Close the container tightly.

Wash your hands with soap and water again.

Bring the sample to the laboratory within 2 hours, or store it in the refrigerator for up to 24 hours if immediate delivery is not possible.