

# HOSPITAL DISTRICT OF SOUTHWEST FINLAND

## **SPUTUM SAMPLING TO DIAGNOSE TUBERCULOSIS (TBVr 2813, TBVi 2812, TbNhO 4490)**

This examination is used to identify the presence of tuberculosis bacteria or other Mycobacteria in the sputum.

Proper diagnosis requires that several (3–5) sputum samples are taken on consecutive mornings.

### **Materials**

1. Sample container with screw cap (Fig. 1). You will get the container from the lab.
2. Plastic bag and sticker for name
3. For sample handling you may use a disposable plastic cup and spoon.

### **Procedure**

1. Take the sputum sample in the morning before drinking or eating anything.
2. Rinse your mouth with water, do not brush your teeth.
3. The sample must be sputum, **saliva is not suitable**.
4. You may take the sample into the disposable plastic cup and separate the most representative (most mucous containing) parts into the sample container with the help of the disposable plastic spoon.
5. Collect phlegm deep from your lungs into the sample container. At least 2 ml of sample is needed. (The volume of a tea spoon is 5 ml, of a table spoon 15 ml).
6. Close the container tightly.
7. Please be careful so that the outside of the container doesn't get sample on it.
8. **Write your name, social security number, sampling date and sampling time on the sticker that came with the materials from the lab.**
9. **Affix the sticker to the sample container.**
10. Put each sample container into a separate plastic bag.
11. Keep the sample containers cool, preferably at refrigerator temperature.

Bring the sample containers to the laboratory preferably on the day of sampling. The sample may be stored in a refrigerator for 2 – 3 days, but the result of the bacterial culture is the more reliable the shorter the storage time is.

Please contact the department or outpatient clinic if you have questions regarding the sampling procedure for this examination.

You may ask for the result of this examination at the hospital unit where you are being treated.



Fig. 1

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This instruction is intended for our patients who are in a care relationship.

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