

## Collecting a sputum sample

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### Preparing for the sampling

Take the sample in the morning before eating breakfast.

### Sampling kits

Sampling kits are available from the laboratories of SataDiag or from your local health centre.

### Sampling equipment:

- sampling container
- resealable plastic bags
- name stickers.

### Collecting the sample

1. Rinse your mouth with water and spit it out.
2. Open the sample container.
3. Lean forward and cough forcefully. Cough thick sputum directly into the container. The sample should not be runny or contain bubbly saliva.

4. Close the container carefully.

5. Make sure that the container has

- your name
- personal identity number
- the date and time when you collected the sample.

6. Place the container in the plastic bag. Close the bag tightly.

If you have been asked to provide three samples, repeat the above procedure on three mornings in a row.

Collect each sample in a new container.

### Storing and returning the sample

Take the sample container to the laboratory.

### Contact information

Satakunnan hyvinvointialue  
Laboratory - SataDiag  
Phone enquiries 02 627 6410  
weekdays 10 am – 3 pm.