

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

The Wellbeing Services County of South West Finland

Turku University Hospital

## **Sputum sampling to diagnose tuberculosis (2812 TBVi, 4490 TbNhO)**

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

Proper diagnosis requires that at least three sputum samples are taken on consecutive mornings. One of the samples can be taken during daytime.

### **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.



Fig. 1. A white-capped, transparent container with a measuring scale on the side.

### **Procedure**

1. Take the sputum sample in the morning before drinking or eating anything. It's preferable to take the sample in well-ventilated place, such as outside or on the balcony.
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. Attach 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.