

## Sputum (mucus) Culture Home Collection Instructions for Patients

Your doctor has ordered a laboratory test, which requires you to collect a small sample of sputum (mucus). Your doctor may have ordered either a single collection or multiple collections. Please follow these instructions to ensure accurate test results.

### Planning the collection

Plan the collection so you can deliver the sample during the Specimen Collection Centre business hours, which are Monday to Friday, 7:30 am to 3:15 pm. Do not collect mucus on weekends, as the sample will not be tested in time to maintain its integrity.

### Instructions

1. **After waking and before breakfast**, brush your teeth, and then rinse your mouth thoroughly with warm water. This is to reduce contamination of the mucus sample with bacteria present in your mouth. Do not use mouthwash or fluoride rinses as they may interfere with the culture. For patients with dentures, please remove them first.
2. **Open the specimen cup and collect the sputum directly into the open cup.** Unscrew the cover of the specimen cup and place it face up, on a flat surface. Do not touch the inside cover or the inside of the cup. Cough deeply to loosen thick mucus directly into the specimen cup. Caution: Saliva is not mucus.
3. **Recap the specimen cup securely.** Seal the cap tightly to prevent leaking. Wipe the cup if needed.
4. **Label the specimen cup.**
  - a. Include your full name and date of birth
  - b. Indicate the collection date and time.
5. **Deliver the container to the HGH Specimen Collection Centre during business hours.**
  - a. Bring the sample as soon as possible after the collection, or the next morning at the latest. Keep the sample at room temperature if you cannot deliver it immediately.
  - b. Please register first at the Information desk and include the test requisition provided by your doctor with the sample.
  - c. Then proceed to the Specimen Collection Centre. Enter through Cardiology.

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#### Address

Specimen Collection Centre  
Block B, Level 1  
Hawkesbury and District General Hospital  
1111 Ghislain Street  
Hawkesbury, Ontario K6A 3G5

#### Business Hours

Monday to Friday from 7:30 am to 3:15 pm  
Closed on public holidays

#### Questions?

613-632-1111, extension 51201