

Sputum Collection

Specimen drop offs are accepted at:

North Oaks Diagnostic Center: Monday – Friday from 7 am – 5 pm

North Oaks-Livingston Parish Medical Complex: Monday – Friday from 7 am – 3 pm

The container given to you is sterile and should not be opened until ready to use.

Do not touch the rim of the container.

Sputum specimens should be collected when you first wake before smoking, eating or drinking.

Instructions:

1. Rinse (do not swallow) with water before sputum is collected to minimize mouth bacteria or food particles that may contaminate the specimen. Do not use mouthwash.
2. Wash your hands with soap and water. Dry thoroughly.
3. Remove the lid of the container and set aside.
4. Take several deep breaths.
5. Cough hard from deep inside the chest three times to bring sputum up from your lungs.
6. Spit the sputum into the provided container carefully. Do not spit saliva or postnasal discharge into the container.
7. Repeat until you have 1 tablespoon of sputum in the container.
8. Replace the cap tightly on the plastic container.
9. If necessary, wash and dry the outside of the container.
10. **Write your name, date of birth, time and date of collection on the container label and place it into the plastic biohazard bag provided.**
11. If you are unable to return your specimen within 2 hours of collection, place into the refrigerator. **Your specimen is stable at room temperature for 2 hours and refrigerated for 24 hours.**

After Collection:

- Please call (985) 230-7777 to schedule your drop off time at one of our 2 locations.

The specimen must be dropped off within 24 hours of collection.

North Oaks Diagnostic Center
15837 Paul Vega, MD, Drive
Hammond, LA 70403

North Oaks-Livingston Parish Medical Complex
17199 Spring Ranch Rd
Livingston, LA 70754

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If you have any questions during your collection process, please feel free to call us at (985) 230-6165.

