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| MISE A JOUR LE : | PAR : | NATURE DES MODIFICATIONS : |
| 29/12/2021 | G. DELVALLEZ | English translation |
| RENOUVELLEMENT LE : | PAR : | |
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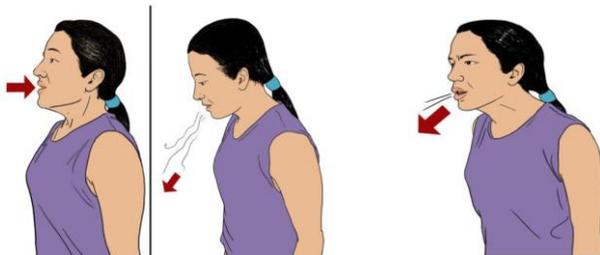
1. GENERAL INSTRUCTION

- » Collect an early morning sputum as soon as you wake up (before eating or drinking).
- » Brush your teeth and rinse your mouth with water. Do not use toothpaste or mouthwash.
- » If possible, go outside away from other people or open a window before collecting the sputum sample. Do not collect the sputum in confined spaces such as toilets.
- » Only use the container provide by the laboratory to collect the sputum.
- » Write the name of the patient and sampling date and time on the container.
- » Wash your hand with soap before and after sputum collection.



2. FOLLOW THESE STEPS

Step 1: Take a deep breath and hold for a few seconds then breathe out slowly



*Repeat the process 3 times.
Blow out hard during the 3rd blow.*

Step 2: Open the container lid and lift the container close to the mouth and blow out hard once more



The container should not touch the mouth!

Step 3: Cough the sputum directly into the container



Repeat the step 1 to 3, if necessary!

Step 4: Collect at least 3 mL of sputum



Good quality sputum is thick, mucoid, white-yellow or green and sometimes bloody, not saliva.

Step 5: Storage and shipment

- » Screw the cap on the cup tightly so it does not leak.
- » Wash and dry the outside of the container.
- » Put the container inside the IPC plastic bag provided by the laboratory.
- » Transport the sample to the laboratory within 2h of collection.
- » If transport is delayed, refrigerate the sample until the next day.

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