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
   **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.