



Provtagning för upphostningsprov

Sampling instructions for sputum

Patient instructions

1. The sample should be collected in the morning before breakfast. If possible, immediately after waking up.
2. Start with rinsing your mouth with water and blowing your nose, before you cough for sputum sample.
3. Unscrew the canister with the smaller lid. **NOTE! There may be liquid in it**, so unscrew the lid carefully.

Make a deep and powerful cough.

Spit the "sputum" into **the narrower tube with the smaller lid**.

Screw on the lid thoroughly.

Label **the narrower tube with the smaller lid** with your personal identification number (personnummer) and the collection date.



4. Put the tube with the sample into the other larger tube, screw on the bigger lid firmly, and keep it in the refrigerator until taking it to the lab. If you are to leave multiple samples, mark the label with 1, 2, 3 according to the collection order.
5. If you are returning samples for **cultivation**, return it to healthcare (vårdcentralen/mottagning) at the same day in the morning before the transport departs.
6. If you are to submit three samples for, **e.g cytology**, you can save the first samples in the refrigerator and return them all at the same time to the healthcare (vårdcentralen/mottagning). **NOTE!** Sample 1, 2 and 3 should preferably be collected for three consecutive days, not all on the same day.