**PATIENT DIRECTIONS FOR SPUTUM COLLECTION**

**STEP 1**
Before you go to sleep for the night, drink a large glass of water.

**STEP 2**
When you wake up from sleeping, do not eat, drink, smoke, or brush your teeth before you collect your sputum.

**STEP 3**
Rinse your mouth with water, then spit the water out.

**STEP 4**
Go outside or get close to an open window. Make sure other people, especially children, are far away from you.

**STEP 5**
Open the brown container, then open the metal container, to get the plastic container.

**STEP 6**
Open the plastic container by removing the blue cap. Keep the blue cap close to you.

**STEP 7**
Take deep breaths until you can feel sputum collecting in your chest.

**STEP 8**
Cough the sputum from your chest into your mouth.

**STEP 9**
Hold the plastic container very close to your mouth. Carefully spit the sputum into it.

**STEP 10**
If there are not at least 5 milliliters (mL) of sputum in the plastic container, repeat steps 7-9.

**STEP 11**
Tightly close the plastic container with the blue cap.

**STEP 12**
Place the plastic container into the metal container. Tightly close the metal container with the cap.

**STEP 13**
Place the metal container into the brown container. Tightly close the brown container with the cap.

**STEP 14**
Place the brown container into a refrigerator.

**Collect your sputum only one time per day.**

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