



**PATIENT INSTRUCTIONS
EXPECTORATED SPUTUM
COLLECTION**

Please use the following guidelines when collecting a sputum sample.

1. The best time to collect the specimen is the first thing in the morning. During the night the mucus in your lungs will not be cleared. In the morning when you begin to move around, the mucus also moves and causes you to cough a larger amount out of your lungs.
2. The best specimen is one from DEEP in the lungs. If you have been coughing up mucus with color to it, that's what you should try to collect.
3. Avoid spitting, as saliva is not a good specimen.
4. If you have any questions, please call one of the Horizon Laboratory Patient Service Centers at (970) 820-6890.

Use the specimen cup provided for collection. Collect the specimen as follows:

1. When you are ready to collect the specimen, open the cup and cough the mucus into it.
 - A. It is very important not to open the cup before this time so other germs will not get into the cup.
2. Close the cup as soon as you finish expectorating.
3. If additional specimen is needed, reopen the container when you are ready to produce more sputum.
4. After at least 1 teaspoonful of specimen has been collected:
 - A. Ensure that the lid is on tight.
 - B. Label the container with
 1. The patient's first and last name and date of birth.
 2. Date and time of collection.
 - C. Place the container in the plastic biohazard bag.
 - D. Bring the following to one of the Horizon Laboratory Patient Service Centers listed below:
 1. The specimen within 2 hours if specimen is stored at **room temperature** or within 24 hours if specimen is **refrigerated**.
 2. All paperwork for this order and the patient's insurance card.
5. **NOTE:** If you are unable to produce any specimen, please call and inform your physician.

Greeley: Horizon Laboratory at Summit View Med. Commons 2001 70th Avenue Greeley, CO 80634 Mon-Fri: 7:00 am-5 pm Saturday: 7:00 am-Noon	Loveland: Horizon Laboratory at Skyline Center for Health 2555 E. 13th Street, Suite 115 Loveland, CO 80537 Mon-Fri: 7:00 am-5:00 pm Saturday: 7:00 am-Noon	Fort Collins: Horizon Laboratory at Banner Health Center-Drake 702 W. Drake Road, Bldg A Ft. Collins, CO 80526 Mon-Fri: 7:30 am-4:30 pm (Closed 12:30 pm.-1:30 pm)	Windsor: Horizon Laboratory at Banner Health Clinic-Windsor 1300 Main Street Windsor, CO 80550 Mon-Fri 7:30 am-4:30 pm (Closed: 12:30 pm – 1:30 pm)
	Horizon Laboratory at Banner Health Center-SW 1230 SW 14th Street Loveland, CO 80537 Mon-Fri: 7:30 am-4:30 pm (Closed 12:30 pm-1:30 pm)	Horizon Laboratory at Banner Fort Collins Medical Center 4700 Lady Moon Drive Ft. Collins, CO 80528 Mon-Fri: 7:00 am-5:00 pm Saturday: 7:00 am-Noon	Sterling: Horizon Laboratory at Banner Health Clinic-Sterling 102 Hayes Ave Sterling, CO 80751 Mon-Fri 7:00 am-4:00 pm (Closed 12:00 pm – 1:00 pm)