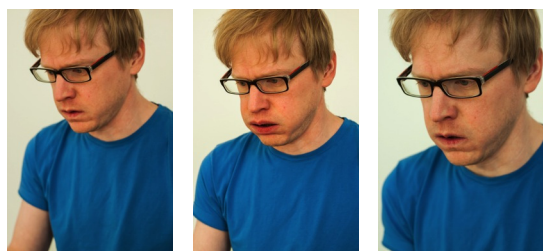




Collection of sputum samples for TB.

- Sputum is the mucous or phlegm coughed up from your lungs. You are usually asked to produce three sputum samples.
- Collect your sputum first thing in the morning for three mornings in a row. One sample is produced each morning.
- Collect your sputum away from other people. If possible go outside or open a window while you collect your sputum.

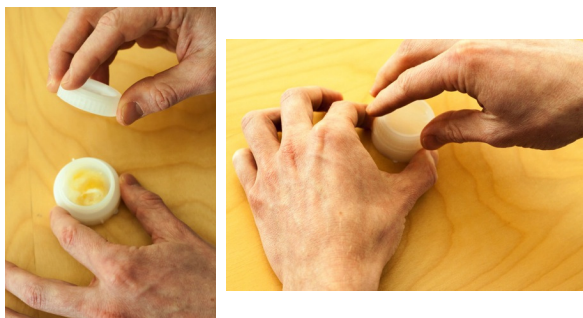
Take a deep breath. Hold the air for a few seconds. Breathe out slowly. Take another deep breath. Cough hard until sputum (not saliva) comes up in your mouth.



Spit the sputum into the sample jar which has a screw cap



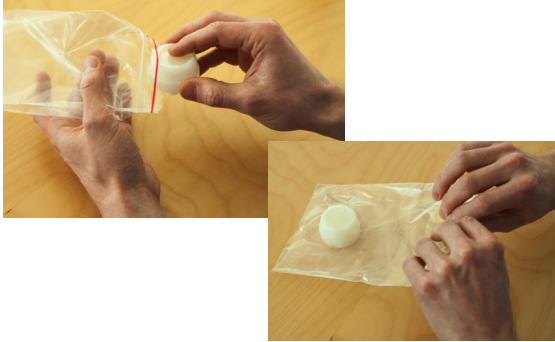
Screw the cap on the sample jar tightly



Make sure that the label containing your personal identifier is stuck at the bottom of each jar



Seal each sample jar in a transparent plastic bag



Keep the sample jars in the refrigerator.
Take the jars to the laboratory the same day when you have collected all three samples.

Thank you for collaboration

- Infectious disease specialist of Tampere University Hospital