

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 for two days a row (morning, day, and the next 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

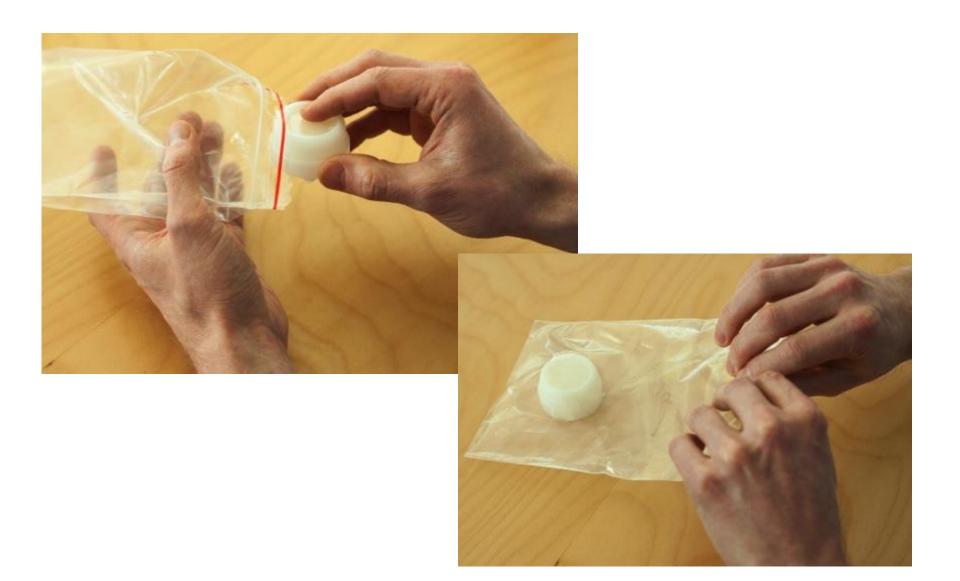




### Make sure that the label containing your personal identifier is stuck at the bottom of each jar



#### 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.