

SPUTUM PATIENT INSTRUCTIONS

It is important to follow these instructions carefully to ensure
your test results are accurate.

Preparation:

- Obtain the correct container and specimen bag from a laboratory collection room.
- Sputum specimens are best to be collected first thing in the morning.
- If three specimens are required, each to be collected on a different morning.

Collection Procedure:

1. Sputum is to be coughed up into container provided.
2. A correct sputum (or phlegm) specimen is one that you feel has come up from being in your chest or lungs. **NOTE:** saliva from the mouth is not suitable.
3. Ensure the lid is screwed on tightly.
4. Label each container clearly with your Name, date of birth and the date and time specimen is collected.
5. Place in the specimen bag provided.
6. Return to the nearest laboratory as soon as possible - if you cannot drop the specimen off straight away, it can be stored in a cool place.
7. **Ensure a copy of the request form is with each specimen.**

Your results can only be obtained from the requesting doctor

If you have any problems, please contact one of the following:

Waikato
07 858 0799

Bay of Plenty
07 578 7073

Whakatane
07 306 0906

Rotorua
07 348 2106

Taupo
07 376 5103
07 376 1045

TAUIRA SPUTUM (Sputum)

He mea nui ki te whai i enei tohutohu ki te whakarite
he tika o hua whakamatautau.

Te Whakarite:

- Tikina te ipu tika me te putea tauira mai i te ruuma kohinga taiwhanga.
- He pai ake te kohikohi i nga tauira sputum i te ata.
- Ki te hiahia kia toru nga tauira, me kohia ia ata i te ata rereke.

Te Tikanga Kohinga:

1. Me maremare te Sputum ki roto i te ipu kua whakaratohia.
2. Ko te tauira o te hupa tika (ko te phlegm) tetahi tauira e whakaaro ana koe i puta mai i roto i to uma, i to makahukahu ranei. FAKATOKANGA: kare e pai te huware o te waha.
3. Me whakarite kia piri te taupoki.
4. Tapahia ia ipu me to Ingoa, te ra whanau me te ra me te wa i kohia ai te tauira.
5. Tuhia ki roto i te putea tauira kua whakaratohia.
6. Kia wawe te hoki ki te taiwhanga tata - ki te kore e taea e koe te tuku tonu te tauira, ka taea te rongoa ki te waahi makariri.
7. Me whakarite he kape o te puka tono kei ia tauira.

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