

# Sputum Collection Guide

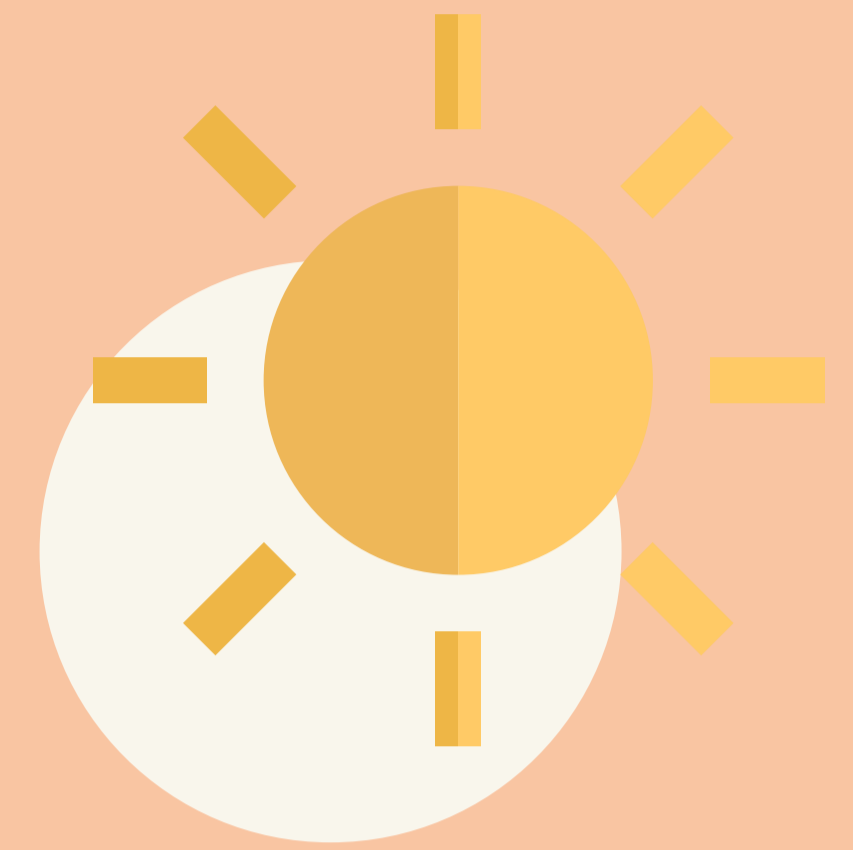
**1**

Drink water before bed



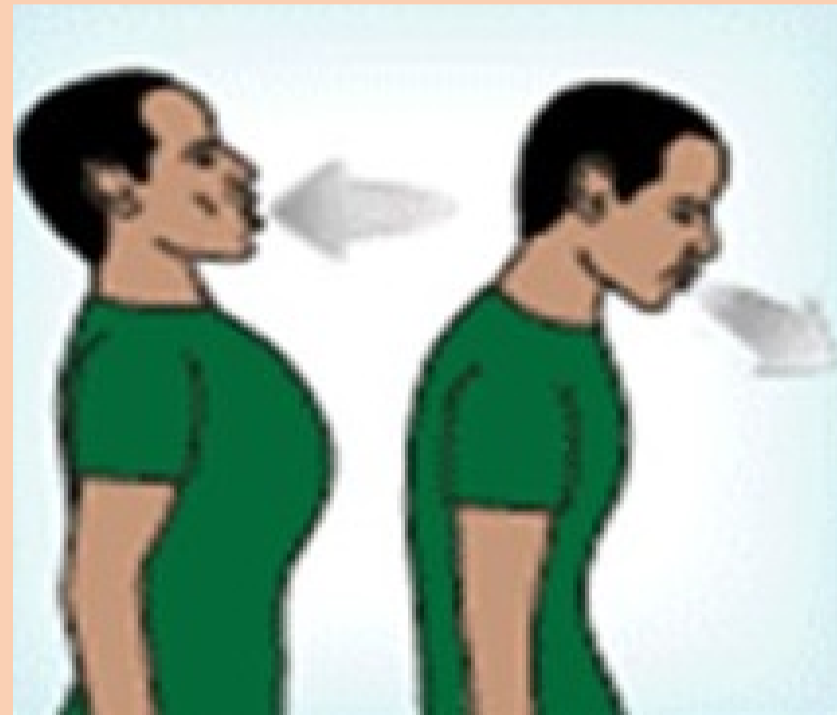
**2**

In morning, rinse mouth with filtered water



**3**

Take slow, deep breaths



x 3

**4**

Inhale then cough hard to produce sputum



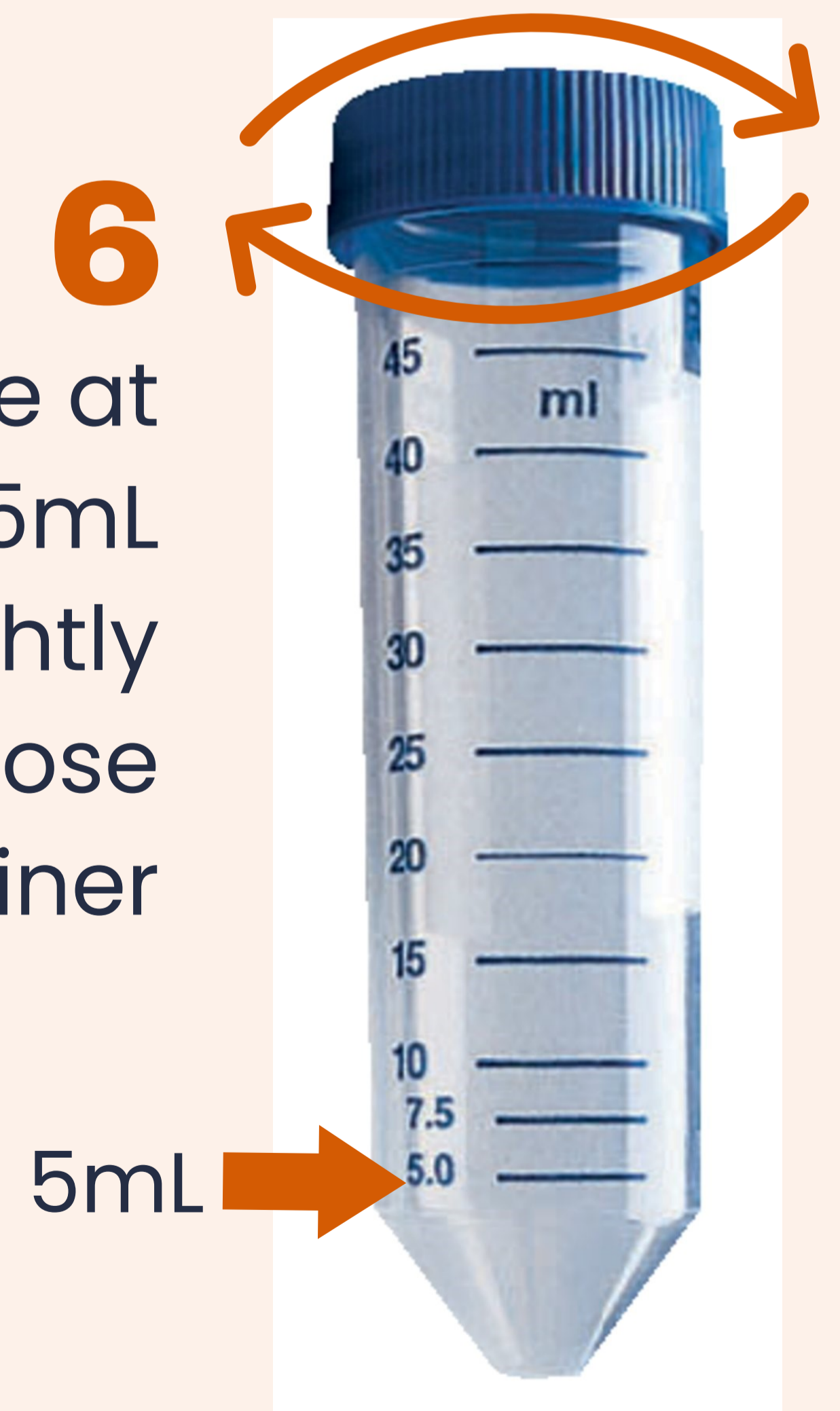
**5**

Spit sputum into tube



**6**

Provide at least 5mL and tightly close container



**7**

Label and refrigerate

