

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **doctor's full name and address**
- › **The names of all antibiotics you are taking**
- › The names of **all countries outside of North America that you have visited (or emigrated from) in the past 12 months**
- › **Start and end dates and times for each urine collection**

What are your questions?
Please ask.
We are here to help you.

Sputum Collection

South Shore
Regional Hospital

Looking for more health information?

Find this pamphlet and all our patient resources here:

<http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Pathology & Laboratory Medicine,

South Shore Regional Hospital

Designed by: NSHA Library Services

The information in this brochure is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.

Samples that are not labelled correctly or do not have a complete requisition form will not be tested.

Sputum Collection

Instructions

- Your doctor has given you a form for this test. This form is called your **requisition**.
- Use only the collection bottle(s) given to you by your doctor, local lab, or blood collection clinic.
- Remove dentures (false teeth), if you wear them.
- Brush your teeth with water only. **Do not use toothpaste.**
- Rinse your mouth and gargle with water. **Do not use mouthwash.**
- Cough up sputum from deep in your chest directly into the bottle.
- Do not mix saliva or post-nasal drainage with the sputum.
- Bring the bottle to an approved drop-off site **within 2 hours**. If you cannot bring the sample within 1 hour, put it in the fridge. Do not put it in the freezer.

If you have problems collecting a sample, please call your primary health care provider.

Make sure the collection bottle(s) is labelled with your name, date(s) of collection, health card number, and start and end times.

Take the sample to one of the following Nova Scotia Health Authority Laboratory Services locations:

South Shore Regional Hospital
Main Floor
90 Glen Allan Drive
Bridgewater NS B4V 2S6
Phone: 902-527-5261
Hours: Monday-Friday, 7-11 a.m.
Registration: Monday-Friday,
6:45-10:45 a.m.

Fisherman's Memorial Hospital
2nd Floor
14 High Street
Lunenburg NS BOJ 2C0
Phone: 902-634-8801
Hours (including Registration):
Monday-Friday, 7:30-11:30 a.m.

Queen's General Hospital
1st Floor
175 School Street
Liverpool NS BOJ 1K0
Phone: 902-354-3436
Hours (including Registration):
Monday-Friday, 7:30-11:30 a.m.

North Queen's Health Centre
9698 Highway 8
Caledonia NS B0T 1B0
Phone: 902-682-2533
Hours (including Registration):
Wednesdays, 7:30-10:45 a.m.

Our Health Centre
3769 Hwy 3
Chester NS B0J 1J0
Phone: 902-275-2830
Hours (including Registration):
Tuesdays and Thursdays,
7:30-10:45 a.m.