

Sputum Collection

South Shore Regional Hospital

**Your collection sample
will not be tested if:**

- › it is not labelled correctly.
- › your requisition is not filled out.

Instructions

- Your primary health care provider (family doctor or nurse practitioner) has given you a form for this test. This form is called your **requisition**.
- Use **only** the collection bottle given to you by your primary health care provider, local lab, or blood collection clinic.
- Take out your 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 (phlegm) from deep in your chest directly into the bottle.
- **Do not** mix anything from your mouth (like saliva or post-nasal drainage) with the sputum.
- Use a pen that will not smudge to print on the collection bottle. **If lab staff cannot read what you wrote on the bottle label, your collection will not be tested.**

1. Print your **full name and date of birth, health card number, and the collection date and time** on the collection bottle **and** requisition.
2. Bring your collection bottle to a drop-off site **within 2 hours**.
3. If you cannot bring the sample to a drop-off site **within 1 hour**, put it in the fridge. **Do not** put it in the freezer.

If you have been asked to collect a sample and you are having trouble, call your primary health care provider.

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's full name and address**
- › The names of **all antibiotics you are taking**

**Please see back cover for
drop-off site locations and
hours.**



Drop-off sites:

Drop-off sites are closed on holidays.

South Shore Regional Hospital

Main floor

90 Glen Allan Drive

Bridgewater NS B4V 2S6

- **Drop-off hours:**

- › 7 a.m. to 2 p.m. (Mon-Fri)
- › When you arrive, take a Q-matic ticket.

- **Closed:**

- › 8:30 a.m. to 9 a.m.
- › 11:30 a.m. to 12 p.m. (noon)

Fisherman's Memorial Hospital

1st floor registration

14 High Street

Lunenburg NS BOJ 2C0

- **Drop-off hours:**

- › 7:30 a.m. to 2 p.m. (Mon-Thurs)
- › 7:30 a.m. to 11 a.m. (Fri)
- › When you arrive, take a Q-matic ticket.

- **Closed:**

- › 9 a.m. to 9:30 a.m.
- › 11 a.m. to 12 p.m. (noon)

Queen's General Hospital

1st floor

175 School Street

Liverpool NS B0T 1P0

- **Drop-off hours:**

- › 9 a.m. to 11:30 a.m.
- › 12 p.m. (noon) to 2 p.m. (Mon-Fri)
- When you arrive, take a Q-matic ticket.

- **Closed:** 11:30 a.m. to 12 p.m. (noon)

North Queen's Health Centre

9698 Highway 8

Caledonia NS B0T 1B0

- **Drop-off hours:**

- › 7:30 a.m. to 10:45 a.m.
(every second Wed)

Our Health Centre

3769 Highway 3

Chester NS B0J 1J0

- **Drop-off hours:**

- › 7:30 a.m. to 10:45 a.m. (Thurs)

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: Pathology and Laboratory Medicine,
South Shore Regional Hospital*

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