

 <p>Sistema Socio Sanitario Carlo Poma Regione Lombardia ASST Mantova</p>	<p><b>SPUTUM OR EXPECTORATION COLLECTION METHOD FOR MICROBIOLOGICAL TESTING (CULTURE TEST)</b></p> <p><i>General Clinical Laboratory with Specialist Areas</i></p>	<p><b>IO11UELAB</b></p> <p>Date 19/03/2026 Rev. 3</p> <p>Page 1 of 1</p>
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## **SPUTUM OR EXPECTORATION COLLECTION METHOD FOR MICROBIOLOGICAL TESTING (ONLY FOR CULTURE TEST)**

1. Collect sputum, preferably in the morning as soon as you wake up and before any food intake.
2. Always remove any dentures.
3. Thoroughly clean the oral cavity as follows:
  - Gently scrub the inner mucosa of the cheeks, the gums, and the tongue with a soft toothbrush or a moistened cotton swab;
  - Rinse your mouth and gargle with water before collecting the sample.
5. Collect coughed-up sputum in a sterile container.
6. Avoid collecting material made up of saliva or nasal secretions.
7. If more than one sputum sample is required for testing, do not collect all the samples in the same container; use rather a different collection device each time.
8. Deliver the sample to the laboratory as soon as possible or store it in the refrigerator until delivery (maximum 3 hours).

N.B.: The container can be picked up at the Collection Points.  
The Laboratory also accepts containers obtained elsewhere, so long as they are suitable.

MANAGEMENT