

# Sputum sample by post

## A patient's advice sheet

### *You will need:*

- One clear plastic sterile sputum container labelled with your details.
  - A completed and signed blue microbiology form.
  - A Papworth Hospital addressed cardboard sputum posting box with green universal packing container.
1. Collect your sputum sample into the sterile sputum container, if possible on the day that you are posting. **Do not put sputum directly into the green universal container. If sample is not to be posted immediately then please place it in a refrigerator.**
  2. Please make sure that the sputum container is labelled with your name, Papworth Hospital number and date of birth.
  3. Place sputum container in the plastic wallet at the back of the signed and completed blue microbiology form. Peel tape covering and seal. **Please write the date and time of sample on the front of the form prior to posting.**
  4. Put the form with the sputum sample in the green universal packing container and screw the lid tight.
  5. Place the container in the Papworth Hospital addressed cardboard posting box. Seal the box with a piece of sellotape.
  6. Post sputum sample to Papworth Hospital on the same day if possible, using first class post.
  7. Sputum results can be obtained by contacting the Lung Defence Specialist Nurses one week later; telephone: 01480 364456.