Your physician has asked you to provide a sputum sample. Please read the following instructions before beginning your collection.

LABORATORY SERVICE LOCATIONS
These are our outpatient laboratory collection centers where you can drop off your sample

MAIN CAMPUS
Ambulatory Care Center (ACC): Laboratory Service
111 Colchester Avenue
Main Pavilion, Level 2 (Orange Level) | Burlington, VT 05401

1 SOUTH PROSPECT
Laboratory Service
1 South Prospect Street (Street Level)
First Floor Lobby (Street Level) | Burlington, VT 05401

FANNY ALLEN CAMPUS
Medical Office Building, Laboratory Service
792 Colchester Parkway, First Floor Street Level
Colchester, VT 05446

ADULT PRIMARY CARE WILLISTON
Laboratory Service
353 Blair Park Road
Williston, VT 05495

FOR MORE INFORMATION
For routine hours and directions please visit UVMhealth.org/MedCenterDrawSites
or call us

PHONE
(802) 847-5121 | (800) 991-2799
Sputum Specimen Collection

- Collect sample as soon as possible after you have woken up in the morning.
- Do not eat or drink anything prior to collecting the sample.
- Have the sterile specimen collection cup close by (food jars, plastic containers are NOT acceptable). Do not open the cup until you are ready to add the sample.
- Gargle with water prior to obtaining the sample. This step helps eliminate cells and bacteria that could interfere with results. Do not use mouthwash or toothpaste.
- Before proceeding take 3 slow deep breaths, this will help to loosen the sputum deep within the lung.
- Remove the lid from the sterile specimen cup. Press the rim of the cup against your lower lip.
- Cough deeply to remove sputum from the lower lung, you want to minimize the amount of saliva from the mouth.
- We would like you to produce 1 to 2 teaspoons of saliva.
- BACTERIAL CULTURE: The sample must be refrigerated or stored in a cooler with ice after collection and transported to the lab within 24-hours of collection.

- ACID FAST CULTURE (Mycobacterial): The sample must be refrigerated or stored in a cooler with ice after collection. Best practice is for the sample to be delivered to the lab within 24 hours of collection. Samples will be accepted if delivered within 48 hours of collection.

A STERILE SPECIMEN CONTAINER

Use the collection container provided by your doctor or by the laboratory. Do not use household containers such as food jars or plastic containers.

Wash hands before opening the container.
Do not remove the lid until you are ready to collect the sample.

Failure to follow these instructions may result in the need to recollect the sample.

After Collection

PACKAGING URINE FOR TRANSPORT

- Be sure sample is labeled with your full legal name and date of birth.
- Be sure the cap is secure on the top of the container. Label the sample cup NOT the lid.
- Put the sample cup into the large inner sleeve of the zip lock bag provided.
- Put the laboratory order provided by your physician in the outer sleeve.

SAMPLE DELIVERY TO LAB

You can drop your sample off at any of the patient service centers listed on the back of this guide.

To drop off a sample outside of our regular laboratory services open hours, stop by the Main Campus information desk, inside the front entrance on Level 3 (street level), and a laboratory employee will be paged.