

## Sputum Collection for Culture

In the absence of a specific request from your physician, it is advised not to perform the test during antibiotic therapy.

Allow at least 7 days to pass since the last antibiotic dose.

- Use sterile wide-mouth containers with screw caps.
- Collect the material in the morning while fasting.
- Perform a thorough oral cleaning and gargle with water.
- Collect the sample directly into the container. At least 2 ml of secretions from the trachea are required, obtained through spontaneous expectoration, with forced breathing acts, or deep coughing.
- The sputum must come from the lower airways and should not be contaminated with saliva. Samples with excessive saliva are not considered suitable.
- If expectoration is difficult, induce coughing with an aerosol of warm saline solution or N-acetyl-L-cysteine (non-antibiotic).
- Return specimen as soon as possible or store it at +2°C to +8°C for up to 1 hour.

**Special Notes:** Collecting a single sample is usually sufficient for bacterial pneumonia.

In cases of suspected tuberculosis, it is advisable to collect samples for the search of *Mycobacterium tuberculosis* (Koch's bacillus) **for 3 consecutive days**.

I, the undersigned (surname and name) \_\_\_\_\_, declare  
that I have followed the instructions provided in this information sheet.

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Signature \_\_\_\_\_