

PATIENT INSTRUCTION

SPUTUM FOR ACID FAST BACTERIA (AFB)

Sputum for AFB requires early morning collection, before breakfast and before your teeth are cleaned, on three (3) consecutive days.

DO NOT USE any breath fresheners, mouth wash, gargles, toothpaste or cough mixtures prior to expectoration.

Please cough sputum from the chest so that the specimen is not just saliva. Take approximately six deep inhalations through the nose with mouth closed. When exhaling, force your breath out from your lungs. Cough after completion - this may produce the sputum sample.

The specimen should be returned to the Pathology Collection Centre as soon as possible after collection.

If it is not convenient or possible for the specimen to be returned immediately, the specimen can be collected in the container, sealed in a plastic bag, and kept in a refrigerator until all 3 samples have been collected, then all 3 samples are to be returned to the Pathology Collection Centre.

NOTE: the specimen should be labelled with surname, given name, specimen type, date of birth and the time and date of collection.

Collection Centre locations are listed on the back of your request form.

For further enquiries, please contact:

Northern NSW: Lismore: 02 6620 2900, Grafton: 02 6640 2234, Tweed: 07 5506 7425
Hunter New England - New England: 1300 654 303 Hunter: 02 4921 4000 Taree: 02 6592 9343
Mid North Coast: Coffs Harbour: 02 6656 7500, Kempsey: 02 6562 0281,
Central Coast: 02 4320 3375
Northern Sydney: 02 9926 4111