

## North Bay Regional Health Centre

Laboratory – Cytology Department

### **Sputum Collection Instructions for Cytology**

**Caution:** CytoRich™ Red is a liquid fixative that is poisonous.  
Do not drink. Keep out of reach of children or pets.

#### **Please note:**

- Sputum specimens for cytology are best if repeated **three** (3) days in a row. Do **not** collect more than one sample per day.

#### **Collection instructions:**

1. First thing in the morning, rinse mouth with water. Do not use mouthwash.
2. Label the specimen container with your first and last name, date of birth and the date and time of sample collection.
3. Remove the lid from the specimen container with the red cytology liquid.
4. Cough from deep in your chest and while coughing spit into the specimen container.
5. Repeat step 4 until about three to four teaspoons of sputum (15 mL) is added to the specimen container.
6. Replace and tighten the lid securely, shake vigorously for a few seconds.
7. Place the container into one of the small biohazard bags that are provided; be sure to seal the bag.
8. Keep the sample upright to avoid leaking.
9. Refrigerate the sputum samples and deliver to the laboratory as soon as possible after completion of all three (3) sputum collections, during regular operating hours Monday to 8:00 am to 2:30 pm.

**If you need further information, please contact the laboratory at  
705-474-8600 ext. 2945**