

SPUTUM: MICROBIOLOGICAL EXAMINATION

COLLECTING INSTRUCTIONS:



STERILE CONTAINER

COLLECTING INSTRUCTIONS - LABORATORIO ANALISI MEDICHE ALFA MEDA

- In the morning, on an empty stomach, rinse your mouth with water and gargling.
- Collect the sputum by coughing in a **sterile wide-mouth container with a screw cap**.
- The sample should not contain saliva.
- If you have difficulty to expectorate, take an aerosol with warm water, breathing slowly and deeply ten times.
- In case of multiple samples collection, bring one each day to the Laboratory

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