Quality sputum is crucial for sputum examination. If the specimen is not collected by deep coughing, or it is contaminated by food particles, it may lead to a false negative or false positive result.

**Sputum Collection Procedure**

1. Rinse your mouth with water
2. Take several deep breaths and cough up the sputum
3. Hold the sputum container close to your mouth. Spit into the container without contaminating its outside
4. Screw the lid of container tightly. Wipe clean any spillage on the outside of the container

**Tips**

- It is the best specimen when you cough up first thing in the morning.
- Collect the specimen after deep coughing.
- Go either outdoor or stay near an open window when collecting the sputum specimen.
- Keep the sputum container properly closed, and its outside clean.