



LEGACY  
LABORATORY  
SERVICES

## Patient Instructions for Collecting a Sputum Sample

Your physician has asked you to provide a sputum specimen. Important tests will be done on your specimen. You can help assure the accuracy of these tests by following these instructions:

1. **Rinse** mouth thoroughly with water.
2. **Cough** deeply to loosen sputum.
3. **Expectorate** (spit) sputum into the sputum container/cup you were given.
4. **Take** sputum specimen to the laboratory **within two (2) hours of collection**. Some of the microbes that cause respiratory diseases are very fragile.

### Locations:

**Legacy Emanuel Medical Office Building Laboratory**  
501 N. Graham, Portland, OR 97227

**Legacy Good Samaritan Hospital & Medical Center**  
1015 N.W. 22<sup>nd</sup> Avenue, Portland, OR 97210

**Legacy Meridian Park Hospital Laboratory**  
19300 S.W. 65<sup>th</sup>, Tualatin, OR 97062

**Legacy Mount Hood Medical Center Laboratory**  
24800 S.E. Stark, Gresham, OR 97030

**Legacy Salmon Creek Diagnostic Center**  
2101 N.E. 139<sup>th</sup>, Building B, Suite 150, Vancouver, WA 98686

Legacy Laboratory Services 503-413-1234 or 877-270-5566