

Instructions for Collecting a Sputum Sample

Your doctor has asked you to give a sputum sample. Sputum is mucus that may come up when you cough. It can be dark, thick, or sticky. Sputum can be different colors.

You can help make sure the sample is collected correctly by following instructions below.

1. Collect your sample when you wake up for the day. If not possible, you can collect a sample at any other time of day.
2. Write on the container label. Label should have:
 - > Full name
 - > Date of birth
 - > Collection date and time
3. Gargle water in your mouth to rinse. Do not use mouthwash.
4. Take a few deep breaths, then cough deeply to loosen sputum in your lungs.
5. Spit out the sputum into the labeled container.
 - > Avoid adding any clear saliva.
 - > The size of your sample does not matter.
 - > Only one sputum sample should be collected.
6. Deliver your sample to a Legacy Laboratory within 2 hours. See page 2 for Legacy Laboratory Patient Service Center locations and hours.



Legacy Laboratory Patient Service Center locations and hours:

- **Legacy Laboratory Emanuel Medical Center**
Diagnostic Center
501 N. Graham Street, Suite 1203
Portland, OR 97227
Monday – Friday: 7 a.m. to 6 p.m.
Saturday: 8 a.m. to 4 p.m.
- **Legacy Laboratory Good Samaritan Medical Center**
Medical Office Building 3
1130 N.W. 22nd Avenue, Suite 360
Portland OR 97210
Monday – Friday: 8 a.m. to 6 p.m.
- **Legacy Laboratory Meridian Park Medical Center**
Medical Office Building 2
19260 S.W. 65th Avenue, Suite 145
Tualatin, OR 97062
Monday – Friday: 7 a.m. to 5 p.m.
Saturday: 7 a.m. to 12 p.m.
- **Legacy Laboratory Mount Hood Medical Center**
Medical Office Building 4
25050 S.E. Stark Street
Gresham, OR 97030
Monday – Friday: 7 a.m. to 6 p.m.
Saturday: 7 a.m. to 1:30 p.m.
- **Legacy Laboratory Salmon Creek Medical Center**
Medical Office Building B
2101 N.E. 139th Street, Suite 150
Vancouver, WA 98686
Monday – Friday: 7:30 a.m. to 5:30 p.m.
Saturday: 8 a.m. to 12 p.m.
- **Legacy Laboratory Silverton Medical Center**
342 Fairview Street
Silverton, OR 97381
Monday – Friday: 7:30 a.m. to 6 p.m.
Saturday – Sunday: 8:30 a.m. – 5 p.m.