

Effective Sputum Collection for Better Diagnosis Best Practices to Eliminate TB



Collect the sputum in the clean tube shared with you. Don't open the tube until you are ready to use it.



As soon as you wake up in the morning (before you eat or drink anything), brush your teeth and rinse your mouth with water. Do not use mouthwash.



Go outside or open a window before collecting the sputum sample.



Take a very deep breath and hold the air for 5 seconds. Slowly breathe out. Take another deep breath and cough hard until some sputum comes up into your mouth.



Hold the tube close to your mouth while spitting



Keep doing this until the sputum reaches the 5 mL line (or more) on the plastic tube. This is about 1 teaspoon of sputum. Make sure there is no saliva.



Screw the cap on the tube tightly so it doesn't leak.



Wash and dry the outside of the tube.



Put the tube in a bag and deposit it with the JEET staff.