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Centre intégré
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Status: Approved 2024-12-05
OPTI-DE-009 v2

User Instructions

Sputum Cytology

Clinical Department of Laboratory Medicine

OPTI-DE-009



You have been prescribed a **sputum** collection test for which you must collect your sputum at home for cytology analysis.

Sputum cytology is the microscopic examination of sputum for abnormal cells to identify respiratory tract pathologies.

This brochure explains the steps to follow.

MATERIALS REQUIRED

- Container with liquid fixative (50% alcohol or other fixative) and/or
- Clean sampling container (white or orange lid)
- **WARNING:** The liquid in the container marked “with fixative” is toxic. Keep out of reach of children. Avoid contact with skin and mucous membranes.

If swallowed, CALL INFO-SANTÉ OR THE POISON CONTROL CENTRE.



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INSTRUCTIONS

- The sputum must come from the lower respiratory tract, not from saliva or nasal discharge.
 - **You do not need to be fasting** to collect the sample, but you should collect it when you get up or when your airways are a little more congested.
 - Do not eat before taking the sample.
- Only one sample should be taken per container per day.

SPECIMEN IDENTIFICATION

If not already marked on the container, **clearly** write the following information on the label:

- Your last and first name
- Your personal reference number (medical file number or health insurance number)
- The date and time of sampling

STORAGE

- Store your samples in a plastic zip-lock bag.
- Storage: All specimens (fixed or not): refrigerator ± 4 °C. Do not freeze.

RETURN OF SAMPLES

- Return your specimens to the place you were instructed to return them, i.e., the specimen collection centre at the hospital, the local point of service (LPS) or another location.
- When returning the samples, remember to bring your hospital card or RAMQ card as well as **your prescription, if necessary**.

Sampling method

STEPS TO FOLLOW

1. Rinse your mouth out with water.
2. Cough up secretions and collect the first sputum of the morning in the sterile container with the liquid. **Do not throw away the fixative liquid.**
3. Close the cap tightly to prevent spillage and shake for a few seconds to mix the sputum with the liquid.

REMINDER: If a 2nd or 3rd sample is requested, repeat the procedure with a new container on a different day. Mark the date and time of each sample in the designated area when returning the containers.

