

Correct collection process is vital to receiving the most accurate NGS diagnostic results. Please follow the steps below.



# PULMONARY/RTI SAMPLE COLLECTION METHOD


## Sputum

### Do's & Don'ts


- ✓ **DO** - Have patient drink plenty of fluids on the evening before the test, provided they are not on a fluid restriction.
- ✓ **DO** - For best results, obtain the sample first thing in the morning. If you can't obtain the sample before the patient has breakfast, wait at least an hour after they have eaten before trying. Before you begin, describe the procedure.
- ✓ **DO** - Collect at least 5-10 ml of the thick sputum secretions


- ✗ **DO NOT** - Allow patients to brush their teeth or use mouth-wash. Doing so could kill bacteria in the sputum, rendering it useless.
- ✗ **DO NOT** - Collect too much saliva
- ✗ **DO NOT** - Touch the inside of the sterile collection cup
- ✗ **DO NOT** - Take antibiotics. Patient must be off all antibiotics for 2 days prior to collection. This is optimal. However, if not possible, the test can still be run.

**1** Explain that deep breathing helps loosen secretions and bring them to the back of the throat and will be necessary in collecting a good sample. Emphasize the importance of bringing up sputum, the thick secretions from the lungs, rather than expectorating saliva, the thin secretions from the mouth.

**2**  Position your patient in a chair or on the side of the bed. If they are unable to sit up on their own, place them in a high-Fowler's position. Remove patient's dentures if they have them.

**3** Have the patient rinse their mouth with plain water. This will help in reducing cross contaminants of microbiota found in the mouth.

**4**  Put on gloves and goggles. Uncap the container, carefully avoid touching the inside to ensure that it is sterile.

**5**  Have the patient perform 3 deep breaths and cough as instructed, expectorating the sputum into container.

If you don't get an adequate sample on the first try, have patient continue to cough until you're able to collect a minimum of 5ml.

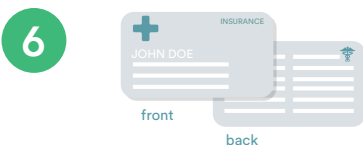
If the patient has trouble bringing up secretions, have them breathe into a nebulizer and try again.

Once you've collected the specimen, securely cap the container. Remove and discard your gloves and wash hands thoroughly. Allow the patient to rinse out their mouth and provide a tissue.

*Note: Our test is not time or temp sensitive. You may send patient home with kit to collect if no sample can be provided at the time of office visit.*



- 5**
- a. Use a permanent marker to write name and collection date on small tube/vial.
  - b. Please have the patient sign the lab requisition form accepting financial responsibility.



**6** Submit patient face sheet and demographics with insurance information and both sides of a patient's insurance card.

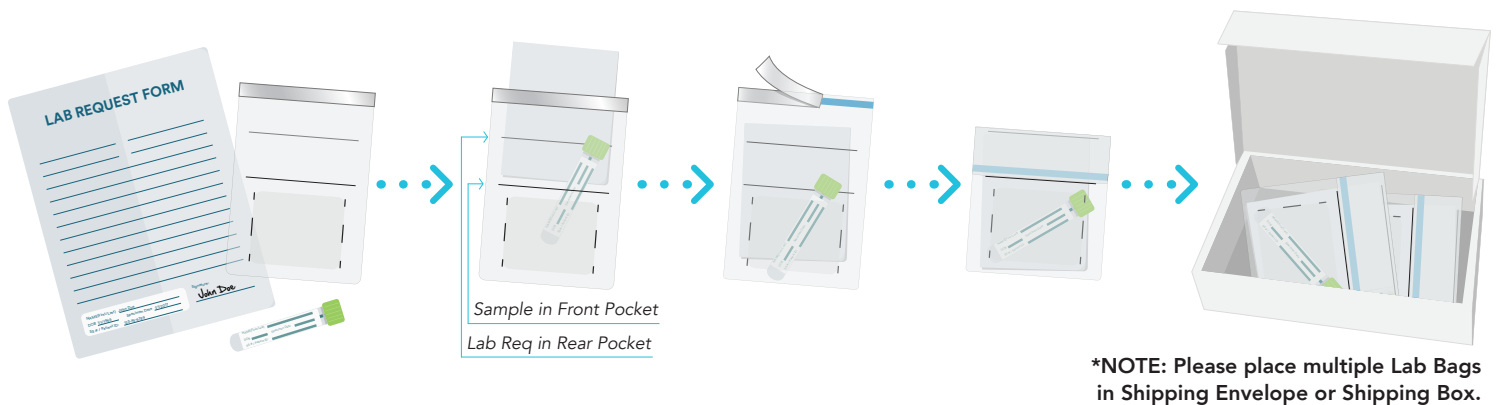
SEE SHIPPING INSTRUCTIONS NEXT 



## PACKING SAMPLES FOR SHIPMENT

1. Place the Small Sample Collection Bag and/or Vials into the front pocket (between the black hash-lines) of Biohazard Lab Bag.
2. Place folded Lab Requisition Form into the back pocket of the Lab Bag.
3. **IMPORTANT:** Place only one Sample and one Lab Requisition in each Lab Bag.
4. Peel white strip off Lab Bag to expose adhesive backing and follow instructions printed on Bag to create a continuous, airtight seal.
5. Place the sealed Lab Bag into the Prepaid FedEx Shipping Box.
6. **You can add multiple completed lab bags into 1 FedEx Shipping carton.**

NOTE: More than one Lab Bag can be placed in the Shipping Box



## 3 CONVENIENT FEDEX SHIPPING METHODS

1. Drop into FedEx Dropbox including Kinkos FedEx locations
2. Call for pick up 1-800-GoFedEx (1-800-463-3339). Say "agent" twice to speak to agent. Let them know it's prepaid pick up.
3. Use our online "schedule a pick up" page.

When possible retain your tracking number.

