

HOW TO COLLECT SPUTUM SAMPLE FOR TB TESTING



Collect sputum in the morning before eating or drinking anything



Rinse your mouth with clean water



Go outside or open windows and Take a few deep breaths



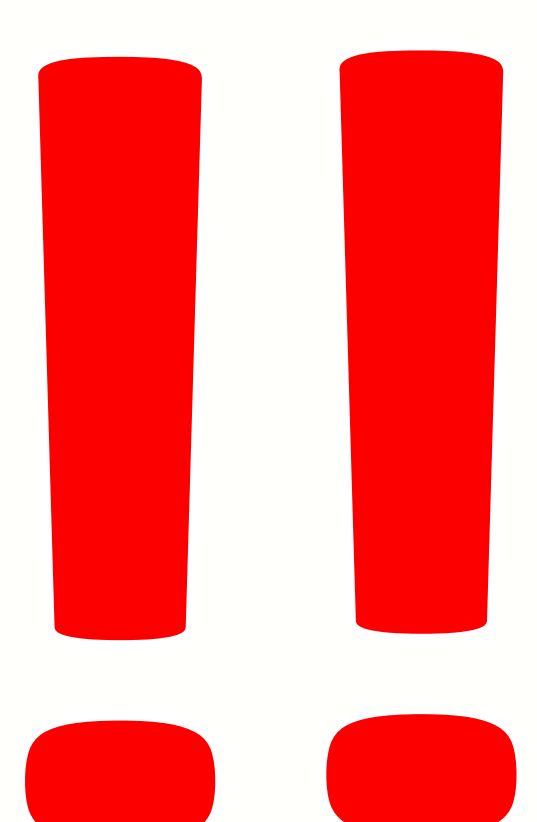
Spit/Cough sputum into the plastic container. The amount of sputum collected should reach the line indicated on the cup



Close the container well and wash hands thoroughly



Hand in the collected sputum to the health worker or facility as advised.



Open the container only when you are ready to produce sputum. Do not collect Saliva.