

## INSTRUCTIONS FOR COLLECTING A PHLEGM SAMPLE FOR A PATIENT

Your physician will decide whether it is necessary to test your phlegm. You will receive a referral and a sample container from the physician who prescribed the test, a nurse, or a laboratory employee.

### Preparations for collecting a phlegm sample:

- the phlegm collected in the morning is best for testing;
- phlegm must be collected immediately after waking up and before eating, but brush your teeth first.

### Collecting phlegm in a sample container:

- open the sample container **without touching** the inside of the container or the lid;
- cough deeply and intensively;
- spit phlegm directly into the sample container;
- the amount of the phlegm collected should be at least as big as a pea – repeat the process, if necessary;
- close the sample container in a leak-proof manner;
- write your **name and personal identification code** on the side (not the lid!) of the sample container;
- write the **date and time** of collecting the sample on the referral.

### Delivering the sample to the lab

After collecting the sample, return the sample container to the reception of the lab.

If this is not possible, bring the sample to the lab the next morning, storing the sample container at +2 ... +8 °C (in a refrigerator) in the meantime.

Further information about the location and opening times of the laboratory can be found on the website of the North Estonia Medical Centre at [www.regionaalhaigla.ee](http://www.regionaalhaigla.ee) or by calling **617 1300**.

North Estonia Medical Centre

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The patient instructions have been approved by the laboratory of the North Estonia Medical Centre (2021)