


<p>Sistema Socio Sanitario</p>  <p>Regione Lombardia ASST Nord Milano</p>	<p><b>INFORMATION SHEET</b></p> <p><b>CTM CYTOLOGICAL EXAMINATION ON SPUTUM AT POLYCLINICS</b></p>	Rev.0	Page 1 of 1
		ASSTNM-FI-443	

## SPUTUM CYTOLOGY TEST



For collection, use a screw-capped container (also non-sterile) such as the one used for urine examinations delivered at the Polyclinic's Blood collection centre.

**Bring the prescription with the medical request for the test.**



The test is repeated on at least three consecutive days, producing three different samples.

It is preferable to collect the sample in the morning while fasting.



After thoroughly rinsing your mouth with water (do not use disinfectants or mouthwashes), cough repeatedly and expectorate (take deep breaths before expectorating; the sputum should come from the lower respiratory tract and should not be saliva).



Collect the expelled material directly into the screw-top container and add the alcohol contained in the blue-capped vials, always provided at the Polyclinic; the alcohol **should be added after expectoration**.

Perform this procedure for three consecutive days, obtaining three different samples, which **must be stored in the refrigerator at 4°C**



For patients with little or no sputum production, it is useful to precede the test with a fluidifying treatment using saline solution (not medication).

### On the day of delivering the three samples:

- go to the Polyclinic during its opening hours;
- settle the co-payment and collect the 'Test collection with delivery date' form.

**This test is performed from Monday to Friday (not on Saturday).**