

Home testing
Harefield Hospital
Royal Brompton Hospital

How to carry out a sputum test

This information sheet explains how to carry out a sputum test. The test involves collecting a sample of sputum. It is important to follow these instructions to make sure the test is completed correctly.

Contents of the test kit

- Paper form with information details about you.
- How to carry out a sputum test leaflet.
- Patient letter asking you to take the test.
- White return envelope labelled UN3373 with a return address label attached and a pre-paid postage sticker.
- Sample pot.
- White absorbent material sheet.
- Plastic transport case for sample pot.
- Blue and clear plastic bag marked 'Safety bag'.

Before you start

- Allow about 20 minutes to carry out the sputum test.
- It is important that you post the sputum test sample back to us on the day you carry out the test. So, make sure you have enough time to go to your local post box before you start the test.

Collecting a sputum sample

1. Wash your hands with soap and water for at least 20 seconds before and after taking the sample.

2. Do some exercises to help loosen any sputum (mucus, phlegm) before you start the sputum test. Try some long huffs (see What is a huff? on page 3). Then cough

and clear your throat to gather the sample in your mouth and spit it into the pot provided. See Picture 1.



Picture 1

3. The sputum sample pot should be placed in the plastic transport case. The case may have a lining of absorbent material. See Picture 2. If the case does not have this material use the small sheet of absorbent material which comes with your test kit. Wrap the material round the sample pot. Place in the wrapped sample pot into the plastic casing. See Picture 3.



Picture 2



Picture 3

4. Close the plastic transport case and press around the edges to firmly shut the case around the sample. See Picture 4.



Picture 4



Picture 5

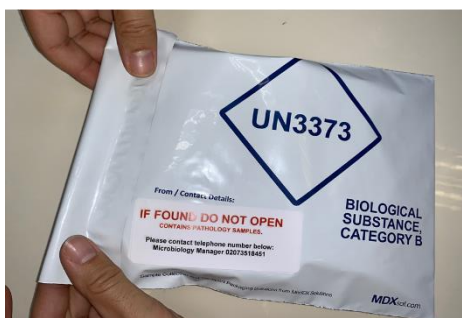
5. Place the plastic transport case with the sample pot inside into the plastic safety bag. See Picture 5. Seal the bag.

6. You will find a paper form in your test kit with information details about you and the test. Write the date and time the sputum sample was taken clearly on the form.

7. Place the form and the plastic safety bag containing your sample in the return envelope (marked UN3373). Picture 6. Seal the bag. Picture 7.



Picture 6



Picture 7

Record your sample

Now submit an online form so we know that your test is on its way to us. You can access the form in 1 of 2 ways:

1. Go to our website **www.rbht.nhs.uk**

Search for 'Confirmation that your home testing sample has been dispatched'

Fill out the web form that appears on your screen.



2. Or scan the QR code below with your smartphone or tablet to open the web form.

Fill out the form and submit it.

Post your sample

Remember to post the sample back to us on the day you carry out the test. The return envelope should have a postage paid sticker and a label with the address of our laboratories stuck to it. Please check the return envelope has both stickers before you post it. The envelope can be posted into your nearest post box.

What is a huff?

A huff is a way of breathing out through the mouth but not coughing. It helps move sputum up your airways so that you can clear it in a controlled way.

To huff

- Take larger than normal breath in through your nose.
- Using your abdominal/diaphragm muscles. Squeeze the air out of your lungs and out of your mouth slightly faster until you feel the sputum moving.
- It should feel as if you are trying to mist up a mirror or your glasses using your breath.
- The huff should be long enough to move sputum from the airways.
- You may need to huff several times. Ask a member of your healthcare team if you need advice.

More information

See more information on the Home Testing page on Royal Brompton and Harefield hospitals' website www.rbht.nhs.uk

Contact us

If you have any questions or concerns about collecting this sample, please speak to the staff caring for you. Or contact our home testing team:

Home Testing team

Royal Brompton Hospital

Phone 020 7352 8121 extension 88401 Monday to Friday, 9am to 5pm.

Harefield Hospital

Phone 0330 128 5086, Monday to Friday, 9am to 5pm.

Was this leaflet useful?

If you have any comments about this information, we'd be happy to hear from you.

email gstt.healthcontent@nhs.net

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please contact the department your appointment is with.

Your comments and concerns

For advice, support or to raise a concern about any service or department at Royal Brompton and Harefield hospitals. Contact our Patient Advice and Liaison Service (PALS):

- Royal Brompton Hospital **phone** 020 7349 7715
- Harefield Hospital **phone** 01895 826 572

Or **email** gstt.rbhh-pals@nhs.net

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **phone** 111 **web** www.111.nhs.uk

Become a member of the Trust

Members contribute to Guy's and St Thomas' NHS Foundation Trust on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it's up to you how you get involved. To find out more, **phone** 0800 731 0319 **email** gstt.members@nhs.net or **web** www.guysandstthomas.nhs.uk/membership

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A list of sources is available on request

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