How to collect a sputum sample

1. Ask the patient to sit up and open their mouth widely.
2. Spread the tongue with a tongue depressor.
3. Insert the tongue depressor as far as possible.
4. Place the sputum cup near the mouth.
5. Instruct the patient to cough forcefully into the sputum cup.
6. Collect the sputum carefully and place it in the designated container.
7. Label the container with the patient's name and date of collection.
8. Send the sample to the laboratory for analysis.

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