

Cystic fibrosis sputum sample collection

Did you know:

82% of kids with cystic fibrosis who gave a sample last year grew a bug in their sputum!

Why do we need to collect sputum samples?

Sputum samples detect and identify bacteria, viruses and fungi that may be found in your lungs.

Similar to regular lung function tests and the bronchoscopies you had when you were little, this helps to:

1. Identify the cause of your symptoms.
2. Prescribe effective antibiotics that target specific bugs/ pathogens.
3. Help track your progress.

Research tells us that kids taking Trikafta and gene modulator therapy still grow bugs even without having lots of sputum if any!

How often should I give a sputum sample?

Every 3 months, sometime before your next clinic appointment.

We know it can be difficult to get a sputum sample. Even one sample is better than none during the year.

How much sputum is enough?

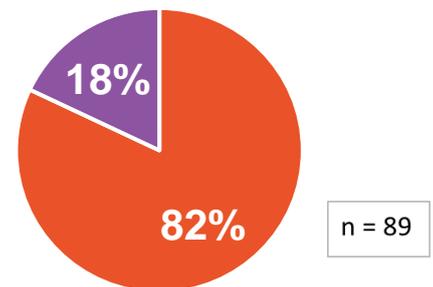
We only need a small amount of sputum. Microbiologists make every effort to test each sample sent to the lab. 1ml of sputum ~1/5 of a teaspoon is enough.

This sputum may look like a small cloud or even clear white. It will probably be mixed with saliva/spit and can be hard to see but this is ok.

How do I collect a sputum sample?

1. Wash your hands.
2. Rinse your mouth with water.
3. Keep the lid on the sputum pot until you are ready. This helps reduce contamination with the environment.

Proportion of samples donated by children with CF above the age of 6 in WA that grew a pathogen



■ Pathogen grown ■ No pathogen grown



4. Take a deep breath, then cough deeply and clear your throat. Doing your physio or exercise first may make it easier.
5. Spit the sputum into the sputum pot and put the lid on.
6. Write your name, date and the time you got the sputum onto the pot.
7. Keep the pot in the fridge and drop it to PathWest with your sputum form within 24hours. When transporting, keep it in a cooler bag.



Where do I drop off the sputum sample?

Date, time and sign your sputum collection form that you were given in clinic. If you don't have a form, email your cystic fibrosis nurses at pch.cf@health.wa.gov.au

There are 2 locations where you can drop your sample. This makes sure results can be accessed on our system:

- Drop it to your local PathWest collection centre.
- Drop it into Perth Children's Hospital PathWest, ground floor near the pink lifts Clinic B.

How do I find out my sputum sample results?

It takes 3-5 days for the sample to be processed and results to be available.

Please email your cystic fibrosis nurses at pch.cf@health.wa.gov.au to see if any results are available.

If it is close to your clinic date, please ask at your appointment.



Government of Western Australia
Child and Adolescent Health Service



Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 0217
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