

STEP-BY-STEP GUIDELINES FOR COLLECTION OF THE SPONTANEOUS SPUTUM SAMPLE AT THE PATIENT'S HOUSE FOR CONFIRMATION OF THE DIAGNOSIS OF PULMONARY TUBERCULOSIS, PULMONARY DISEASE BY NON-TUBERCULOUS MYCOBACTERIA OR FOR TREATMENT FOLLOW-UP OF ANY OF THESE DISEASES

RECOMMENDATIONS OF FAST AND WATER INGESTION PRIOR TO COLLECTION

AT THE DATE PRIOR TO SPUTUM COLLECTION, THE HEALTH CARE WORKER, PROPERLY WORN WITH N95 MASK, SHOULD:

1. RECOMMEND TO THE PATIENT REMAIN ON FAST OF AT LEAST 6 h and
2. RECOMMEND TO THE PATIENT TO INGEST WATER AS MUCH AS POSSIBLE DURING THE NIGHT PRIOR TO THE COLLECTION DATE. WATER INGESTION IS ALLOWED DURING THE FAST PERIOD.

VIAL PREPARATION

THE HEALTH CARE WORKER SHOULD:

1. WASH THE HANDS PRIOR TO THE VIAL PREPARATION;



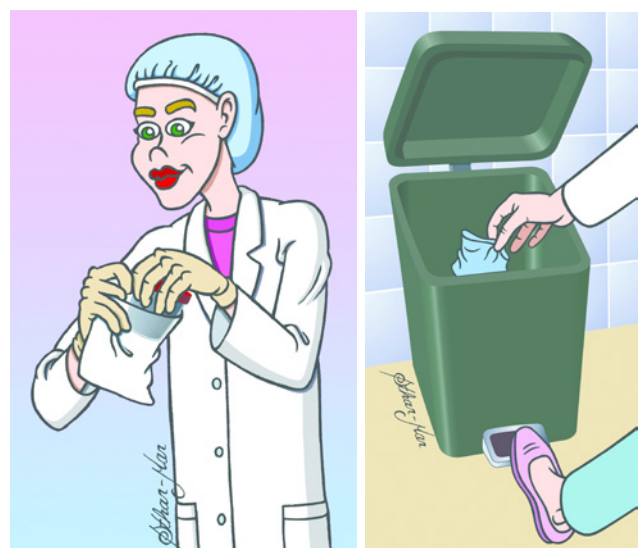
2. CHOOSE A STERILE AND SCALED VIAL WITH TRANSPARENT WALLS, MINIMAL AND MAXIMAL

VOLUMES OF 35 ml and 50 ml, respectively, MAXIMAL HEIGHT of 40 mm and TWISTING TAP with a DIAMETER of 50 mm, according to the illustration below;



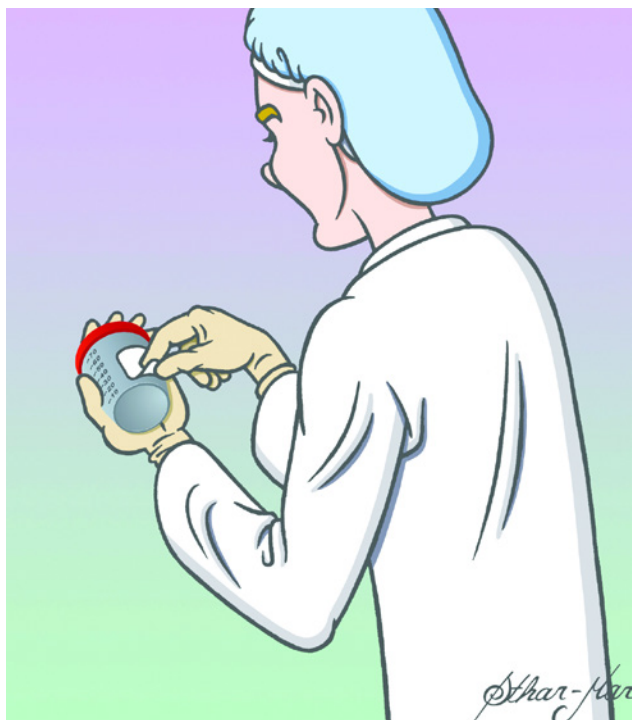
Boca larga= large mouth; tampa rosqueável= twisting tap; plástico transparente= transparent plastic, capacidade de 35 ml a 50 ml= minimal and maximal volumes of 35 ml and 50 ml, respectively; pote descartável= disposable vial; altura mínima= minimal height; etiqueta do frasco – Nome completo= full name, data=date: xx/yy/zz

3. OPEN THE PLASTIC BAG OF THE COLLECTION VIAL, TAKE THE VIAL OFF WITHOUT UNTWISTING THE TAP AND DISCARD THAT IN THE COMMON TRASH;

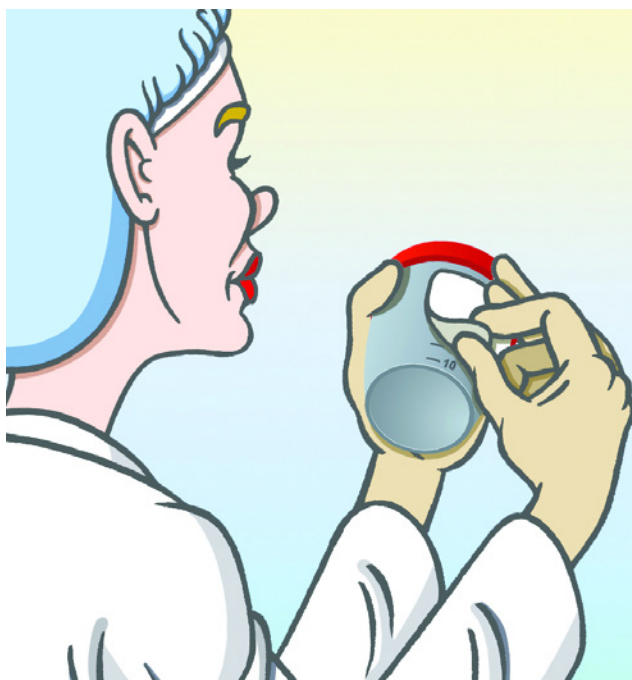


4. RECORD THE PATIENT NAME AND THE COLLECTION DATE IN A LABEL;

5. FIX THE LABEL ON THE EXTERNAL WALL OF THE COLLECTION VIAL;



6. DO NOT FIX THE LABEL OVER THE VOLUME SCALE OR OVER THE TAP;



7. 10 ml LINE MUST BE POINTED OUT WITH BLACK RETO-PROJECTOR PEN TO MAKE EASIER THE OBSERVATION OF THE LEVEL TO BE REACHED WITH THE SPUTUM. ATTENTION: FOAM WILL NOT BE REGARDED.

8. DELIVER THE COLLECTION VIAL TO THE PATIENT TAKE THAT TO HIS RESIDENCE, PROPERLY IDENTIFIED AND WITH THE 10 ml LINE POINTED OUT and

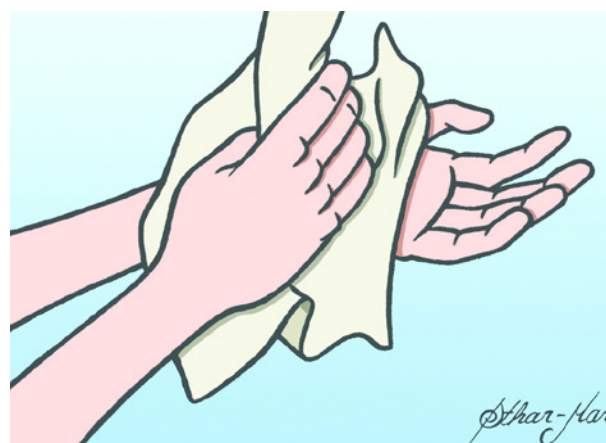
9. IN ADDITION, DELIVER A TRANSPARENT PLASTIC BAG IN WHICH, THE SPUTUM VIAL WILL BE PUT AT THE END OF THE COLLECTION.

HAND WASHING, HYGIENE OF THE TEETH AND ORAL CAVITY

THE HEALTH CARE WORKER, PROPERLY WORN WITH N95 MASK, SHOULD:

1. IN THE MORNING OF THE COLLECTION DATE, ADVISE THE PATIENT TO GO TO THE BATHROOM FOR THE FOLLOWING PROCEDURES;

a) WASH THE HANDS WITH WATER AND SOAP, LATER ON, DRY THEM with PAPER TOWEL;



b) REMOVE ANY TOOTH PROTHESIS;



d) RINSE THE MOUTH AND GARGLE WITH FILTERED WATER;



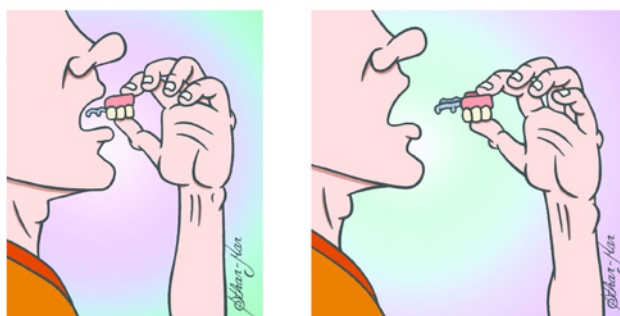
e) IN THE MORNING OF THE COLLECTION DATE, ADVISE THE PATIENT TO NOT MAKE ORAL HYGIENE WITH TOOTH CREAM or SOLUTIONS FOR RINSING/ GARGLING and

f) ATTENTION: INFORM THAT TOOTH BRUSHING, RINSING AND GARGLING WITH WATER ARE ENOUGH AND INDISPENSABLE.

ENVIRONMENTAL PREPARATION FOR SPUTUM COLLECTION

AT HIS HOUSE, THE PATIENT SHOULD:

1. CHOOSE AN OPENING PLACE AT HIS RESIDENCE FOR SPUTUM COLLECTION;



c) BRUSH THE TEETH WITH TOOTH BRUSH DAMPENED WITH FILTERED WATER TO REMOVE ANY FOOD RESIDUE OF THE TEETH, GINGIVAS and TONGUE;



2. IN CASE OF NO OPENING PLACE, CHOOSE A VENTILATED ENVIRONMENT IN WHICH THE PATIENT CAN REMAIN ALONE;



3. KEEP A TABLE NEAR THE PATIENT TO SUPPORT THE VIAL;

4. PUT THE VIAL IN AN EASY AND ACCESSIBLE PLACE OVER THE TABLE;

5. PUT A FILTERED WATER BOTTLE AND A CUP OVER THE TABLE IN ORDER THE PATIENT CAN DRINK DURING THE COLLECTION PROCEDURES;



6. ADVISE THE PATIENT TO SIT IN ORDER TO BEGIN THE COLLECTION PROCEDURES. THE PATIENT MUST REMAIN SITTEN DURING ALL THE COLLECTION PROCEDURE.

SIMULATION OF THE PROCEDURES FOR SPUTUM COLLECTION

THE HEALTH CARE WORKER, PROPERLY WORN WITH N95 MASK, SHOULD EXPLAIN TO THE PATIENT IN FEW WORDS USING A SIMPLE AND OBJECTIVE LANGUAGE THE PROCEDURES TO COLLECT THE SAMPLE OF SPONTANEOUS SPUTUM. SIMULATE THE PROCEDURES TO MAKE EASIER THE UNDERSTANDING BY THE PATIENT:

1. EXPLAIN THAT THE SPUTUM IS A FLUID WHICH COMES FROM THE LUNGS, AFTER COUGHING. THEREFORE, PATIENT'S COLLABORATION TO COUGH IS INDISPENSABLE;

2. ADVISE THE PATIENT TO:

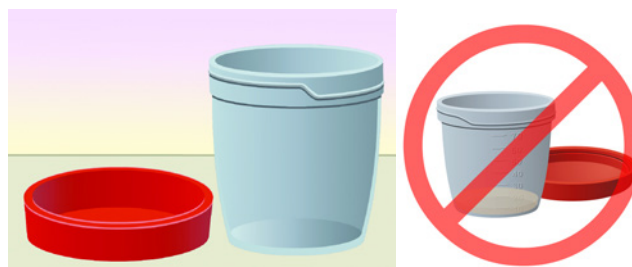
a) BREATH DEEPLY, KEEP THE AIR INSIDE THE LUNGS FOR SOME SECONDS and, LATELY, EXPIRATE;



b) THESE PROCEDURES SHOULD BE REPEATED THREE TIMES;

c) IMMEDIATELY AFTER, STIMULATE THE PATIENT TO COUGH;

d) WHILE COUGHING, THE PATIENT SHOULD UN-TWIST THE COLLECTION VIAL TAP, OPEN THE VIAL and CURVE THE HEAD OVER THE VIAL, WITHOUT TOUCHING THE LIPS, CHIN or CHEEKS IN ANY AREA OF THE VIAL OR IN ITS TAP;



g) IN CASE THE EXPECTORATION FALLS OVER THE EXTERNAL WALL OF THE TAP, THE PATIENT SHOULD IMMEDIATELY REMOVE THAT USING HYGIENIC PAPER;



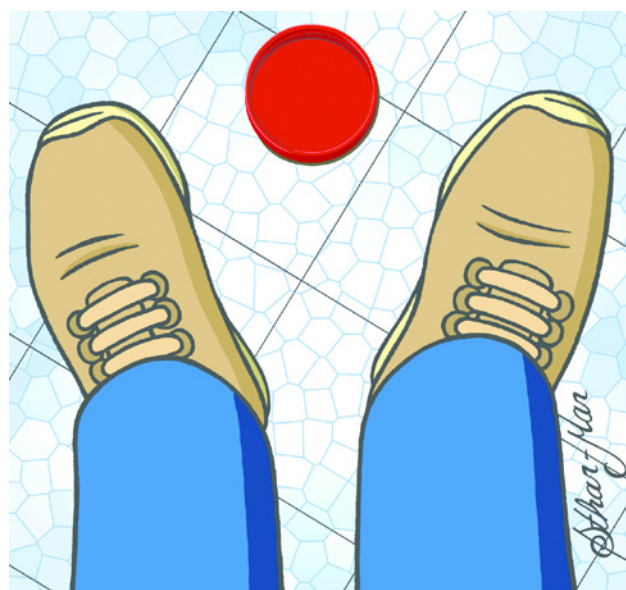
e) DO NOT TOUCH THE FINGERS IN THE INTERNAL PART OF THE VIAL;



3. ALERT THE PATIENT TO AVOID THE VIAL TAP FALLING ON THE FLOOR. IN CASE IT HAPPENS, THE PATIENT SHOULD COMMUNICATE TO THE HEALTH CARE WORKER THE EVENT AT THE MOMENT OF DELIVERING THE VIAL;



f) AT THE END OF EACH EXPECTORATION, ADVISE THE PATIENT TO CLOSE THE VIAL COMPLETELY TWISTING THE TAP;



4. THE IMPORTANCE OF COLLECTING 10 ml MUST BE EXPLAINED TO THE PATIENT; POINT OUT THAT THE FOAM WILL NOT BE REGARDED TO REACH THIS VOLUME;

5. THERE IS NO TIME LIMITS FOR SPUTUM COLLECTION;

6. ADVISE THE PATIENT TO REPEAT THESE PROCEDURES AS MANY TIMES AS NECESSARY UNTIL REACHING THE 10 ml LINE IN THE VIAL WALL;

7. IN CASE THE PATIENT IS NOT ABLE TO EXPECTORATE 10 ml, THE HEALTH CARE WORKER SHOULD STIMULATE THE PATIENT TO EXPECTORATE THE MAXIMAL VOLUME; AT LEAST 5 ml and

8. THE COLLECTION PROCEDURE WILL BE ENDED WHEN THE VOLUME of 10 ml IS REACHED or THE MAXIMAL VOLUME NEAR THIS VALUE.

TRANSPORTATION OF THE VIAL UNTIL THE HEALTH SERVICE or LABORATORY

AT THE PATIENT'S HOUSE, AFTER THE END OF THE COLLECTION PROCEDURES, THE PATIENT SHOULD:

1. PUT THE SPUTUM VIAL INSIDE A TRANSPARENT PLASTIC BAG AND CLOSE THE BAG WITH A KNOT and



2. TRANSPORT THIS VIAL UNTIL THE LOCAL CLINICS or LABORATORY PROTECTED OF THE SUNLIGHT. THIS TRANSPORTATION SHOULD BE MADE IN LESS THAN 2 h;



DELIVERY OF THE VIAL AT THE LOCAL CLINICS

PRIOR TO THE PATIENT GETS INTO THE LOCAL CLINICS, THE HEALTH CARE WORKER, PROPERLY WORN WITH N95 MASK, SHOULD:

1. WELCOME THE PATIENT;

2. DELIVER THE WHITE SURGICAL MASK TO THE PATIENT AND ASK HIM TO FIX THAT ON HIS FACE;

3. CERTIFY THAT THE PATIENT RESPECTED THE FAST OF AT LEAST 6 h PRIOR TO THE SPUTUM COLLECTION;

4. CERTIFY THAT THE PATIENT PERFORMED ORAL HYGIENE AND TOOTH BRUSHING IMMEDIATELY BEFORE THE BEGINNING OF THE COLLECTION AT HIS HOUSE; CERTIFY THAT TOOTH CREAM or ANTI-SEPTIC SOLUTIONS WERE NOT USED and

5. STORE THE VIAL INSIDE THE REFRIGERATOR RESERVED FOR CONTAMINATED MATERIAL UNDER 2-8°C TEMPERATURE UNTIL ITS TRANSPORT TO THE LABORATORY.

