

Induced Sputum

An information guide



Induced Sputum

Introduction

Your doctor has referred you for an Induced Sputum. This leaflet will explain the procedure so you can know what to expect. It may be that you have a cough but are unable to cough up any sputum from your chest and therefore this procedure will enable you to do this.

Induced Sputum

It is a procedure which requires you to inhale a saline (salty) mist, which encourages coughing and the production of sputum (phlegm).

Why is the procedure necessary?

If a doctor suspects you have a chest infection, a sample of your sputum needs to be sent to the lab. This sputum is then tested to see which, if any, organisms (e.g. bacteria) are causing the infection. This allows the doctors to select appropriate treatment (e.g. antibiotics). When a sample is sent to the lab, it is looked at under a microscope (smear test) and also grown (cultured).

Infections commonly tested for include tuberculosis (TB) and Pneumocystic Pneumonia (PCP).

Who performs the procedure?

This procedure will be carried out by a member of the physiotherapy staff. It is performed at North Manchester General Hospital on Ward __.

How will I find out the result?

Your doctor will contact you with your results or arrange to see you in clinic. The results from the initial smear test will be available within several days; the results of the culture can take up to 6 weeks.

What to expect on the day

If your doctor wants to test for TB, you will need to attend the hospital on 3 consecutive mornings. For PCP, you just need to attend once. If you need an interpreter this can be arranged.

The procedure can last up to 45 minutes but for most people it lasts less than this.

It is important that you do not eat any breakfast and only have water the morning of your test (if this causes any problems then please contact the department on the telephone number below).

You can take medication prior to the assessment.

Please note:-

If your medication is only taken once per day, you may want to take it after the procedure, as vomiting can occasionally result from the procedure.

If you have asthma please bring your reliever inhaler with you.

You should report to the nursing station on the ward in good time, and then you will be shown where to wait for the physiotherapist.

The physiotherapist will bring you to the room where the procedure is performed.

Induced Sputum Procedure

You will be asked to clean your teeth and tongue thoroughly.

Please bring a toothbrush.

The physiotherapist will explain everything to you before you start and you will have the opportunity to ask any questions.

The physiotherapist will wear a mask during the test to prevent them from breathing in any particles of infection.

You will hold a small plastic tube in your mouth, just far enough to make a seal with your lips.

You will breathe in salty steam through the tube, and try to breathe out either through the tube or through your nose.

If you are able to cough up a sample then this will then be collected in a pot and sent off to the laboratory.

There are unlikely to be any lasting side effects.



Possible complications

Nausea/Vomiting

Wheezing

Light headedness

Please let the physiotherapist know if you experience any of the above. You will be able to stop the procedure at anytime if you do not feel well.

After the procedure you are able to continue with your normal daily activities.

Finally...

If you have any questions, please contact a member of staff on the following number:

(0161) 720 2425

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 www.facebook.com/NorthernCareAllianceNHSGroup

 www.linkedin.com/company/northern-care-alliance-nhs-group

 Northern Care Alliance NHS Group (NCA) @NCAlliance_NHS

Date of publication: September 2012

Date of review: February 2021

Date of next review: February 2023

Ref: PI(DS)773

© The Northern Care Alliance NHS Group

www.pat.nhs.uk

www.northerncarealliance.nhs.uk

