

## **PROTOCOL FOR 3% SALINE NEBULIZED INDUCTION OF SPUTUM FOR AFB**

1. Spend time explaining to your patient that:
  - Procedure will take about 15 to 20 minutes
  - Coughing is normal and is needed for a good specimen; the deeper the cough, the better
  - After coughing, the specimen should not be swallowed but saved in a collection cup
2. Swish and gargle with 10ml 3% saline X3 to minimize contamination.
3. Use nebulized solution of 3% saline ( at a rate of 0.35ml/min : roughly 6ml for 15 min use)
  - Adjust the mist to form a cloud that is tolerable to the patient
  - Have the patient breathe normally with occasional deep breaths
4. Any specimen obtained from coughing should be processed even if it looks like saliva.
  - Before sending to the lab, add sterile water equal in volume to the saline in the collection cup to minimize the morphological distortion.
5. Nebulize for 5 minutes, and then expectorate sputum.
  - Repeat this process three times.

### Reference:

1. Technique of sputum induction for PCP, Joseph A Kovacs ( Book - Respiratory Infections in patients with HIV)
2. Chest 2003; 124: 1060-1066
3. Turkish Respiratory Journal August 2003, Vol 4, No 2, 43-46

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