Sputum Induction

Exceptional healthcare, personally delivered
What is a sputum induction test?
A ‘Sputum induction’ test is a simple test that involves producing a fresh sample of sputum to be analysed in a laboratory.

Why do I need to have this test?
The doctor has requested that you have this test to analyse your sputum for different cells that are found in your lungs.

What happens during the test?
Before the test starts the Physiologist will explain the test to you in detail and will answer any questions that you may have regarding it. The sputum induction test is a painless procedure. It involves breathing in different concentrations of saline (mild salty water) through a nebuliser and then performing cough-like movements to produce a sample of sputum. The test will take approximately 90 minutes to perform.
Preparing for the test

What should I do before the test?

Please inform the clinic co-ordinator (telephone number at the top of your enclosed appointment letter) if any of the following apply to you;

- If you have coughed up any blood in the last 2 months
- If you have been told by your Doctor that you have a collapsed lung
- If you have used your GTN spray in the last 2 months, for chest pain
- If you have been told by a Doctor you have a blood clot or you have had a heart attack in the last 2 months
- If you currently have or have recently had a current chest infection requiring antibiotic treatment
- Any surgery in the last 2 months (including eye surgery)
- If you feel unwell on the day of the test.

Important instructions

- If you are currently taking any inhalers, please stop taking them 4 hours before the appointment time.
- Please do not smoke for 4 hours before the test.
- Please do not drink alcohol for 4 hours before the test.
- Please do not partake in any vigorous exercise 30 minutes before the test.
- Please do not eat a substantial meal 2 hours before the test.
- Please do not wear lipstick or nail varnish to the appointment.
What should I wear when I attend for my test?
You should wear normal comfortable clothing.

Will I experience any discomfort or side effects?
The test and repeated coughing can be tiring and irritate the throat, but you will be given time to recover between tests and there are no known side effects associated with this test.
After the test

**What happens after the test?**
If we are able to produce a sample it will be sent for analysis.

**When/how will I receive the results of the test?**
You are usually told your results at your next clinic appointment, or a letter may be sent to your GP or the doctor who referred you for the test.

**What will happen if I do not want to have this test?**
It is your decision to have the test but if you do not attend for this test we will not be able to pass important diagnostic information to the doctors. This may affect the medical treatment that you receive.

**Is there a different test I could have?**
There are no similar tests.
References


NHS Constitution. Information on your rights and responsibilities. Available at www.nhs.uk/aboutnhs/constitution
If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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