

APPENDIX E COLLECTION AND SUBMISSION OF SPECIMENS FOR TB TESTING

For additional information about the collection, transport or submission of specimens for AFB examination, contact BC Public Health & Microbiology Reference Laboratory Mycobacteriology / TB laboratory at 604-707-2630 or review the Guide to Programs & Services, available online at: <http://www.bccdc.ca/PHSALaboratories/default.htm>.

For consultation or discussion of specific laboratory tests or results, call the Yukon TB Control Program at (867) 667-8323, or toll-free within Yukon at 1-800-661-0408 extension 8323.

Requirements

- All specimens must be submitted in sterile, screw-cap, leak-proof containers. Ensure that the specimen container is tightly closed. **Leaking samples will not be processed.**
- Specimens submitted in alcohol, formalin, or other preservative **CANNOT** be cultured. If specimens are to be sent for histopathology, at least one specimen should be collected/submitted appropriately for mycobacterial culture.
- Sputum, lymph node, tissue, and urine specimens should be refrigerated if transit time is delayed, before and during transport.
- If possible, provide a brief summary of patient history and findings on the laboratory requisition.
- Refer to internal policy/procedures for shipping of diagnostic specimens or samples suspected of containing *Mycobacterium tuberculosis*. **Transport of Dangerous Goods** regulations should be applied as required.

EACH specimen submitted **MUST** be in an appropriate, legibly labeled container **AND** accompanied by a requisition that includes **TWO** identifiers (e.g., full name, date of birth) that are **IDENTICAL** to the patient information on the specimen container. **SPECIMENS THAT DO NOT MEET THESE REQUIREMENTS CANNOT BE PROCESSED.**

Completing the Mycobacteriology/TB Requisition

Figure E-1, Sample completed mycobacteriology/TB requisition

PHSA Laboratories **Mycobacteriology / TB Requisition**

Public Health Microbiology & Reference Laboratory
BC Centre for Disease Control, 655 West 12th Avenue, Vancouver, BC V5Z 4R4 www.phsa.ca/bccdcpublichealthlab

Section 1 - Patient Information

PERSONAL HEALTH NUMBER (or out-of-province Health Number and province) Doe	DOB (DDMM/YY) 01-01-2014	GENDER <input type="checkbox"/> M <input checked="" type="checkbox"/> F <input type="checkbox"/> UNK	PHSA LABORATORIES USE ONLY
PATIENT SURNAME Doe	PATIENT FIRST AND MIDDLE NAME Jane		
ADDRESS Mountain Street	CITY Community of client	POSTAL CODE 123 456	
DATE RECEIVED			

Section 2 - Healthcare Provider Information

ORDERING PHYSICIAN (Provide MSC#) Name and address of report delivery Name of agency sending samples	ADDITIONAL COPIES TO: (Address / MSC#)
<input type="checkbox"/> I do not require a copy of the report	1. YCDC (only if required)
CLINIC OR HOSPITAL Name and address of report delivery As above	2. Personal physician
PHSA CLIENT NO.	3.

Must be completed when sputum collected

specific to client

Section 3 - Test(s) Requested

<p>SAMPLES FOR AFB SMEAR AND MYCOBACTERIUM CULTURE</p> <p>INDICATE SAMPLE TYPE</p> <p><input checked="" type="checkbox"/> Sputum</p> <p><input type="checkbox"/> Bronchial wash</p> <p><input type="checkbox"/> Tissue, specify source: _____</p> <p><input type="checkbox"/> Body fluid, specify source: _____</p> <p><input type="checkbox"/> Gastric wash (buffered)</p> <p><input type="checkbox"/> Urine</p> <p><input type="checkbox"/> Blood</p> <p><input type="checkbox"/> Feces (Clinical history is mandatory)</p> <p><input type="checkbox"/> Other sample, specify: _____</p> <p>Special Test Requests*: _____</p> <p><small>*Consultation required, please call Program Head at (604) 707-2616</small></p>	<p>INTER-LABORATORY SAMPLES</p> <p>SAMPLES FOR MYCOBACTERIUM NUCLEIC ACID TESTING</p> <p>Has sample been digested? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Has sample been concentrated? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Acid fast smear result: _____</p> <p>Specify source: _____</p> <p>CULTURES OF MYCOBACTERIUM</p> <p>Date culture became positive: _____</p> <p>Specify source: _____</p> <p>Special Test Requests*: _____</p> <p><small>*Consultation required, please call Program Head at (604) 707-2616</small></p>
<p>EXPOSURE / TREATMENT HISTORY</p> <p><input type="checkbox"/> Exposure to active TB case</p> <p><input type="checkbox"/> Exposure to MDR or XDR-TB Specify country of exposure: _____</p> <p><input type="checkbox"/> Member of high risk group Specify: _____</p> <p><input type="checkbox"/> Positive TB skin test or interferon-gamma release assay</p>	<p>CLINICAL HISTORY</p> <p>Any additional history not captured under Exposure/treatment history</p> <p>_____</p> <p>_____</p> <p>_____</p>

For other available tests and additional information, consult the Public Health Microbiology & Reference Laboratory's Guide to Programs and Services at www.phsa.ca/bccdcpublichealthlab

Table E-1, Instructions and requirements for collection of sputum specimens for TB testing

SPECIMEN TYPE	REQUIREMENTS	SPECIAL INSTRUCTIONS	UNACCEPTABLE SPECIMENS
<p>Sputum</p>	<p>Collect specimen in BCPHL TB plastic vial and submit in a sealed biohazard bag.</p> <p>The requisition should be placed in the pocket on the OUTSIDE of the bag, NOT inside the bag with the specimen container.</p> <p>Volume: 5 to 10 mL</p> <p>DO NOT PREPARE OR SUBMIT SLIDES OF SPUTUM SPECIMENS</p>	<p>Keep samples refrigerated until transported.</p> <p>Indicate on the requisition if the sputum was induced.</p> <p>Collect three separate samples, at least 1 hour apart. Specimens may also be collected 8 hours apart or daily for 3 days.</p> <p>Ideally, at least one specimen should be collected in the morning, prior to eating or drinking.</p>	<p>Saliva (instead of sputum).</p> <p>Specimens that have had alcohol, formalin, or other preservatives added.</p>

Client resources on sputum specimen collection:

- **Good Specimen, Better Diagnosis (English language video):**
http://www.youtube.com/watch?v=92dT_1kbbek
- **Instructions for Collecting Sputum for TB (Tuberculosis) (multi-lingual fact sheet)**
<http://www.health.state.mn.us/divs/idepc/diseases/tb/factsheets/sputum.html>

Example of a good-quality sputum specimen:

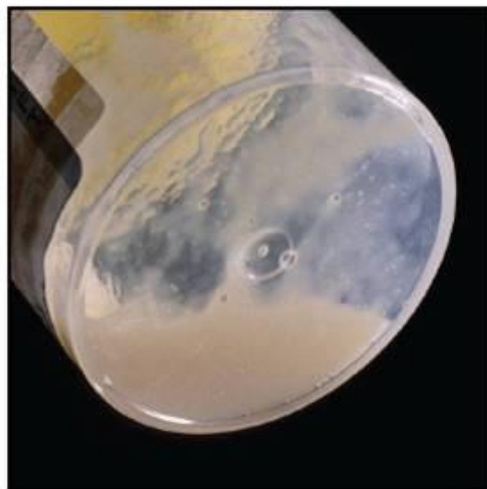






Table E-2, Instructions and requirements for collection of specimens other than sputum for TB testing

SPECIMEN TYPE	REQUIREMENTS	SPECIAL INSTRUCTIONS	UNACCEPTABLE SPECIMENS
Lymph Node	BCPHL TB plastic vial in sealable biohazard bag. Quantity: as much as possible	Collect samples aseptically. Keep tissues moist by adding a few drops of sterile saline or sterile water. Do not add tissue fixatives or preservatives. Refrigerate, but do not freeze, until transporting.	Specimens that have had alcohol, formalin, or other preservatives added.
Tissue	BCPHL TB plastic vial in sealable biohazard bag. Quantity: as much as possible	Collect aseptically. Indicate site material was collected from on requisition. Keep tissues moist by adding a few drops of sterile saline or sterile water. Do not add tissue fixatives or preservatives. Refrigerate, but do not freeze, until transporting.	Specimens that have had alcohol, formalin, or other preservatives added.
Urine	BCPHL TB plastic vial in sealable biohazard bag. Use only plastic sample containers with caps that have a liner, which are supplied by the BCPHL. Volume: ≥ 50 mL	Three first morning , clean-catch, midstream samples on consecutive days – not 24 hour samples. Close containers tightly and package separately.	24-hour urine. Urine from a catheter bag (no pooled urine). Specimens that are an insufficient volume.

Figure E-2, Client instruction sheet for collecting and submitting sputum specimens

SPUTUM COLLECTION PROCEDURE

- Gargle or rinse with warm water (do not use mouthwash).
 
- Take 2-3 deep breaths through your mouth, open the jar and hold it to your mouth with your lips inside the jar. Take as deep of breath as you can cough then spit into the container (do not just spit saliva).
 
- You can collect 3 sputum a day with at least 1 hour between. Avoid eating or drinking immediately before collecting sample.
 
- Sample should be at least a tablespoon, or fill the bottom of the the container.
 
- BE SURE** to write the date and time on the container and the requisition (The lab will not accept a sample that is not properly labelled). Repeat this process 3 times, at least 1 hour apart.

You have been given 3 plastic zipper bags; you will place 1 sample in each bag, seal the bags and place the lab requisition in the pouch on the outside of the bag. Collect all 3 samples in the paper bag supplied. Keep samples in the fridge until the last one is collected and then bring immediately to your local lab/caregiver.