



ESCAPE Sputum Sample Collection & Postage Instructions

You have been asked to provide a sputum sample for research testing in the ESCAPE trial. If possible, please produce a sputum sample in the morning and post this to the research team within 7 days of when you attended the trial visit. Please post the sample before 12:00 on the same day the sample is produced. Please do not post your sample on a Friday, Saturday or Sunday, this is so that the sample can be processed in the lab as soon as it arrives.

If you are unable to collect a morning sputum sample, please refrigerate the sample overnight and post the sample on the following morning. We only require a small volume of sputum for the research tests (around a teaspoon).

You have been provided with a sample collection pot, a postage box and a sample form. Your ESCAPE participant ID will have already been filled in, please do not add your name or address to the sample or the postage box. The box you have been given will already have the delivery address on it.

Instructions for posting sputum:

1. Cough up a sputum sample into the collection tube. If you have just eaten, please rinse your mouth out with water first.
2. Wrap the sample in the absorbent material, place this in the small grip seal bag and seal it.
3. Place the grip seal bag with the sample in it, into the larger PathoSeal bag. Seal the bag.
4. Put the sample in the box.
5. Fill in the postage form with the time you produced the sputum, and the date. Put the form in the postage box.
6. Close the box and tuck the tab in.
7. Post in a standard post box in the morning, Monday- Thursday.

Please contact your research team if you have any questions.

Thank you for taking part in ESCAPE!