

Blood Collection: Step by Step

1. Preparing the Client

- Greet client by first name.
- Explain blood collection procedure.

2. Preparing Yourself

1. Sanitize blood collection area with disinfectant.
2. Use clean protective barrier or sanitize surface before and after blood collection and between families.
3. Wash or sanitize hands before each blood collection.
4. Gather supplies.
5. Put disposable gloves on both hands.



3. Determine Appropriate Puncture Site

- **Heel Stick:** For infants not yet walking, perform puncture on side of heel.
- **Finger Stick:** For children and adults, use ring or middle finger; perform puncture on side of finger pad.



4. Position the Client Correctly

- For infants and children, assistance may be needed.
- For adults, have them remove rings and sit comfortably.



5. Prepare the Puncture Site

1. Warm site or have client make a fist and relax several times.
2. Cleanse site with alcohol.
3. Air dry or wipe dry with gauze. NEVER blow to dry or use a cotton ball.

7. Obtain the Blood Sample

1. Wipe away first blood droplet(s) with gauze.
2. Apply gentle pressure to help blood flow. Do not milk or squeeze puncture site.
3. Place end of cuvette or capillary tube at edge of large blood droplet.
4. Fill sample with one continuous draw to correct volume.
 - **Hemoglobin:** use cuvette
 - **Hematocrit:** use capillary tube
5. Wipe away excess blood with gauze.
6. Place cuvette/tube in proper equipment and follow manufacturer's instructions for operation.
7. Document results.



6. Puncture the Skin

1. Prime fingertip by using rolling motion with slight pressure.
2. Puncture skin with disposable lancet using a quick, firm jab.
3. Dispose of lancet into sharps container.



8. Cleaning After Blood Collection

1. Dispose of cuvette/tube into sharps container.
2. Discard gloves and protective barrier into trash receptacle. NEVER reuse gloves.
3. Wash or sanitize hands.
4. Sanitize blood collection area with disinfectant if protective barrier is not used.
5. ALWAYS clean blood collection area at end of day.