Blood Collection: Step by Step

Preparing the Client

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

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.



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.

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.

Preparing Yourself

1. Sanitize blood collection area with disinfectant.

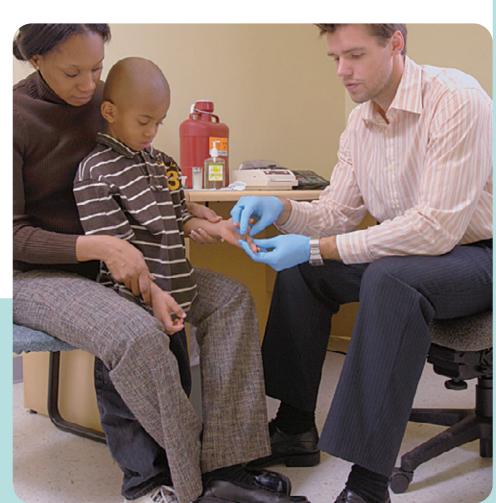
2. Use clean protective barrier or sanitize surface before and after blood collection and between families.

- 3. Wash or sanitize hands before each blood collection.
- 4. Gather supplies.
- 5. Put disposable gloves on both hands.



Position the Client Correctly

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



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.



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.

