Performing a Skin Puncture

Step 1. Wash hands and put on latex-free gloves.

Step 2. Assemble supplies and equipment within reach. Include the appropriate types and sizes of capillary blood collection devices based on the testing required and patient variables.

Step 3. Select and pre-warm the puncture site for three to five minutes (as applicable). Make sure the temperature does not exceed 42°C or 107.6°F.

Step 4. Cleanse the site and allow to air dry. Blowing on the site is not recommended. Ensure the site has fully dried before proceeding to prevent patient discomfort.

Step 5. Open a sterile puncture or incision device within view of the patient to provide assurance the device is sterile.

Step 6. Hold finger/heel firmly, position puncture device on skin.

Step 7. Activate the device according to the manufacturer's Instructions for Use (IFU).

Step 8. Dispose of the device in an appropriate sharps container according to your facility's policy following use.

Step 9. Wipe away the first drop of blood with a clean gauze pad to prevent contamination of the specimen with tissue fluid if appropriate for the testing method.

Step 10. Fill tubes according to the manufacturer's IFU following the correct order of draw.

Step 11. Tubes with additives should be mixed with gentle tapping during collection. Invert 5-10 times following collection to ensure proper mixing of additive with sample.

Step 12. After all tubes are filled, apply pressure until bleeding has stopped. A bandage can be applied once bleeding has stopped if appropriate.

Step 13. Label the tubes prior to dismissing or leaving the patient and ensure all supplies are disposed of properly.

Step 14. Remove gloves and wash hands.
Tips for Calming the Young Patient

After establishing a rapport, describe the procedure using terms appropriate to the patient’s age, detailing the following steps:

1. Show the child the finger that will be used.
2. Explain that it will be cleansed.
3. Tell the child they will feel a poke or pinch, but avoid inflammatory terms such as “sting” or “bite”.
4. Show the device that will be used for collection and how it will be used.
5. Tell the child you will bandage the site after if appropriate.

Additional Tips and Tricks:

- Allow infants and children to sit on the lap of their parent or in a secured infant carrier/car seat.
- Distract the child by reading a short story, showing a cartoon or playing a game.
- Allow child to hold a stuffed animal or toy.

Capillary Order of Draw

CLSI Recommended (GP42)*

EDTA

other

SERUM