

Capillary Blood Collection

1. Avoid a finger that is cold, cyanotic (blue), swollen or inflamed.
2. Warm packing is strongly encouraged to increase blood flow.
3. With your left thumb and index finger, grasp either the patient's middle or ring finger. Apply a massaging motion to the fleshy portion of the finger. Repeat this massaging motion 5 or 6 times to increase the blood flow to the tip of the finger.
4. Cleanse the finger with alcohol. Allow to air dry.
5. With a lancet, lance the finger, making a 2.0 mm cut on the side of the ball of the finger.
6. If the blood flows freely, wipe away the first drop with a clean piece of gauze.
7. If the blood does not flow freely, increase the blood flow by holding the finger downward and applying a gentle continuous pressure just below the puncture site.
8. Do not massage the area excessively since this may contaminate the blood sample with tissue fluid. If the blood does not flow freely after gentle massage, make another puncture at a different site.
9. Fill the microtainer quickly, then stopper and mix thoroughly.