

Instructions for At-Home Blood Collection Heelstick Collection

COLLECTION

- A. Wash hands and put on gloves
- B. Select and warm collection site with an approved manufacture warmer.
- C. Have all equipment ready prior to unwrapping the foot.
- D. Cleanse with 70% isopropyl alcohol.
- E. Dry with 2x2 gauze.
- F. Remove safety clip from Tenderfoot.
- G. Place the blade-slot surface of the device flush and firmly against the heel so that it's center point is vertically aligned with the desired incision site. Ensure that both ends of the device are in contact with the skin; see illustration.
- H. Depress the trigger
- I. Position foot in a position where it is lower than the heart so as to increase blood flow.
- J. Wipe away first drop of blood.
- K. Use a "tennis racket" grip and gently squeeze the foot.
 1. Release grip between 'squeezes' to allow capillary bed to refill. (squeeze, relax, squeeze, relax, etc) Foot will become pink again. See illustration.
 2. Wipe firmly with 2x2 gauze if blood flow decreases. DO NOT USE ALCOHOL WIPES.
- L. Collect blood into a microtainer tube
 1. Touch the bead droplet to the edge of the microtainer tube lid/scoop
 2. Allow blood to flow into the tube.
 3. Mix microtainer tube gently while collecting
 4. Do not scoop blood up the side of heel. This can damage red blood cells and may cause blood to funnel down the heel resulting in a difficult collection.
- M. Complete collection and apply pressure with 2x2 gauze to stop bleeding.
- N. Apply band-aid to site if appropriate.

LABELING SPECIMEN

- A. Label each tube with the following:
 1. Patient's first and last name,
 2. MR# or date of birth,
 3. Date and time of collection.
- B. Place tube(s) in biohazard bag and seal
- C. Place orders in outside pocket of biohazard bag.

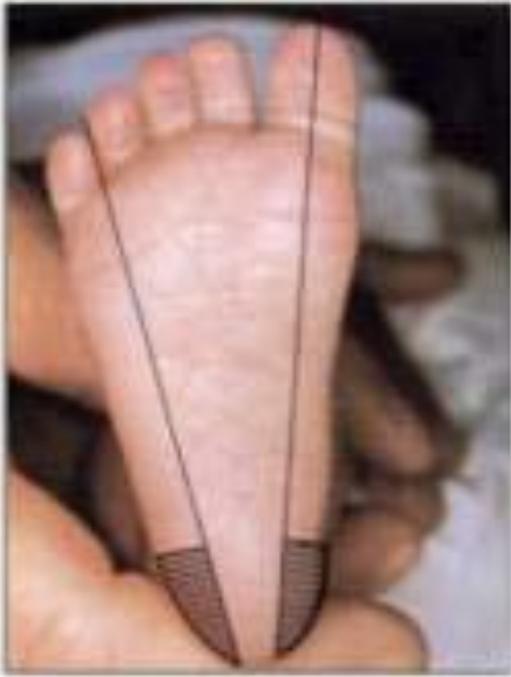
ORDER OF DRAW – if multiple tubes, collect in this order

1. Purple
2. Special RED microtainer for Coagulation tests
3. Green
4. Red/yellow

MAILING SAMPLES

- A. Place biohazard sticker on outside of mailing envelope.
- B. Make sure all tubes are properly labeled.
- C. Requisition must be mailed in with samples.

PROPER COLLECTION SITE – PUNCTURE IN SHADED AREA



PROPER GRIP

