PURPOSE:
To obtain blood for laboratory examination and/or blood glucose monitoring in the home.

CONSIDERATIONS:
1. An automatic lancing device will be used to obtain capillary blood samples from the fingertip using disposable, self-contained lancets.
2. Any finger may be used to obtain a blood sample; the sides of the fingertips are preferred as there are fewer nerve endings, the skin is less calloused and there is greater blood supply.
4. DO NOT squeeze the puncture site.
5. If patient uses clean technique in obtaining own blood sample, lancet can be reused.

EQUIPMENT:
- Gloves
- Automatic lancing device
- Capillary tubes or reagent strip, if appropriate
- Cotton ball
- Self-adhesive bandage
- Puncture-proof container
- Impervious trash bag

PROCEDURE:
1. Adhere to Standard Precautions.
2. Explain procedure to patient.
3. Assemble the equipment on a clean surface close to patient.
4. Have the patient wash hands in warm soapy water. An antibacterial soap may be used. Have patient completely dry hands and allow the hands to hang at the patient's sides for at least 30 seconds.
5. Load the lancing device following the manufacturer's direction.
6. Place the lancing device on finger with the lancet opening resting against the selected puncture site.
7. Push the release button without moving either the device or the finger.
   [Note: Pressing the lancing device more firmly against the finger will cause a deeper puncture.]
8. Gently milk finger from base to tip, gently pressing as you move down the finger, forming a large drop of blood on the fingertip.
9. To enhance the flow of blood to the fingertip, the following procedures may be used:
   a. Warm the site (by washing the hands in warm water or by using warm compresses).
   b. Before performing the finger puncture, relax the arm for several seconds while holding it down to the side.
   c. Hold the hand below the level of the heart when performing the finger puncture.
10. If obtaining blood for blood glucose monitoring, apply specimen to the test strip and follow the meter's instructions to complete the test.
11. If obtaining a capillary tube specimen, fill the capillary tube by placing the tube against the puncture site at a 20 to 40 degree angle until the tube is filled. Fill one end of the tube with clay.
12. Apply cotton ball to puncture site and firmly apply pressure to stop bleeding. Apply self-adhesive bandage if necessary.
13. Discard soiled supplies in appropriate containers.

AFTER CARE:
1. Document in patient's record:
   a. Patient's response to procedure.
   b. Procedure and observations.
   c. Laboratory where specimen is taken and test ordered.
   d. Blood glucose results if a meter for blood glucose monitoring was used.
   e. Instructions given to patient/caregiver.
   f. Communication with physician.
2. Encourage patient to record results in log book.