



# KAISER PERMANENTE®

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## Fingertstick

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### **Introduction**

Drops of blood for testing can be obtained by puncturing or making an incision in the capillary bed in the dermal layer of the skin with a lancet. This procedure describes the method to obtain blood from adults and children older than 1 year under the following circumstances:

- Severely burned patients
  - Obese patients
  - Patients with thrombotic or clot-forming tendencies
  - Elderly patients or others in whom superficial veins are very fragile, inaccessible [IV in both arms] or being saved for chemotherapy
  - Point-of-care testing
  - Patient is apprehensive or has an intense fear of needles
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### **Scope**

This procedure is intended for any phlebotomist or health care worker who is certified to perform fingersticks or is within their scope of practice.

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## Fingertstick, Continued

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### Policy

- Only puncture the palmer surface of the distal or end segment of the middle or ring finger of the nondominant hand.
- The puncture site should be in the central, fleshy portion of the finger, slightly to the center and perpendicular to the grooves in the whorls [spiral pattern] of the fingerprint.



- Do not puncture fingers of infants and children less than 1 year of age.
- Do not puncture fingers on the same side as a mastectomy without written physician's permission.
- Do not puncture parallel to the grooves or lines of the fingerprint.
- Do not puncture the fifth or little [pinky] finger.
- Do not puncture the index finger.
- Do not puncture the side or the tip of the finger.
- Do not puncture the thumb.
- Only use the lancet specifically for finger puncture.
- If the first attempt at collection is unsuccessful, a different site will be used.
- Only 2 attempts at collection can be made, then a different person will make an attempt.
- Fingerstick should not be performed on infants less than 6 months of age and weighing between 6 and 20 pounds [heel puncture performed, if indicated].

### Equipment

- Single use Lancet for adults or children
- Microcollection Containers
- Approved Warming Device, if needed
- Alcohol Pads
- Gauze
- Gloves
- Sharps Container

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## Fingertstick, Continued

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**Safety Precautions** Refer to your Safety Manual for general safety requirements.

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**Quality Control** Inspect the lancet and alcohol packaging to assure sterility.

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**Order of Draw** First – EDTA Specimens [Hematology – purple top]  
Second – Other Additive Specimens [Chemistry – green top]  
Third – Serum Specimens

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**Procedure** Follow the steps below to collect a blood specimen from a finger puncture.

Step	Action
1	Determine tests to be drawn.
2	Identify the patient using 2 patient identifiers.
3	Sanitize hands, put on gloves and prepare the equipment.
4	Position the patient. <b>NOTE:</b> The patient's arm must be supported on a firm surface with the hand extended and palm up.
5	Select the puncture site and warm the site, if applicable. <b>NOTE:</b> Only use approved warming device.
6	Clean the site with 70% isopropyl alcohol and air dry the site. <b>NOTE:</b> Do not blow on the site or wipe or wave it dry.
7	Grasp the patient's finger gently but firmly between your nondominant thumb and index finger. Reassure the patient and let them know you are about to stick their finger.
8	Place the single use lancet flat against the skin in the central fleshy pad of the finger, slightly to the side of center and perpendicular to the fingerprint whorls.
9	Puncture the site and discard the lancet in the Sharps Container.
10	Using a clean gauze square, wipe away the first drop of blood.

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**Fingertstick**, Continued**Procedure**, continued

<b>Step</b>	<b>Action</b>
11	<p>Fill and mix the tubes in the order of draw (Purple top is first for hematology; refer to procedure block <i>Order of Draw</i>) by positioning the site downward to enhance blood flow and apply gentle, intermittent pressure toward the site.</p> <p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>• Do not squeeze, scoop, use strong repetitive pressure or “milk” the site, as hemolysis and tissue fluid contamination of the specimen can occur.</li> <li>• Ensure that the tubes are not under or overfilled and are mixed according to manufacturer’s instructions.</li> </ul>
12	After the last tube is filled, place the gauze over the puncture site and apply pressure to the site.
13	<p>Apply the label that contains the following information on the specimen tubes:</p> <ul style="list-style-type: none"> <li>• Patient’s full name</li> <li>• MRN</li> <li>• Date and time of collection</li> <li>• ID of person collecting specimen</li> </ul>
14	<p>Check the site to verify the bleeding has stopped and apply bandage.</p> <p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>• Do not use a cotton ball with micropore (paper tape) or transpore tape over a finger stick.</li> <li>• For pediatric patients, instruct the parent(s) to observe their child to prevent the child from putting their finger into their mouth to avoid a choking hazard from the bandage.</li> <li>• Ask the parent to remove the bandage after 10 minutes.</li> </ul>
15	Dispose of used and contaminated materials into the appropriate containers.
16	Transport the specimens to the Laboratory.

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## Fingertstick, Continued

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### Non-Controlled Documents

- McCall and Tankersley, Phlebotomy Essentials, 5<sup>th</sup> Edition, Lipponcott, Williams and Wilkins, 2012. Chapter 10.
  - CLSI: Procedures and Devices for the Collection of Diagnostic Capillary Blood Specimens – Approved Standard – Sixth Edition, H04-A6, Volume 28 Number 25, September 2008.
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### Controlled Documents

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## Signature Manifest

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**Review: SBMC-PPP-0037 02 Fingerstick**

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### Review

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Name/Signature	Title	Date	Meaning/Reason
Qiyamaa Portillo (K237031)	Assistant Director Operations	20 Mar 2020, 11:19:26 AM	Reviewed
Janice Wolf (K119893)	Director Operations Area Lab	03 Apr 2020, 12:17:41 PM	Reviewed