

**SPECTRUM HEALTH**



# Specimen Collection

Capillary Collections  
Finger poke

Laboratory Services  
March 2017

# Agenda

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# Why use Capillary Collection?

Normally blood samples are obtained from the veins in the arm, this is called a venipuncture. A capillary puncture may be used when venipuncture would be too invasive or not possible.

Finger pokes are for patients over 12 months. Heel pokes are generally used on infants and neonates (ages 1 year or younger).



# Before you begin

Wash hands thoroughly and practice standard precautions while handling collection devices and specimens.



Disinfect work surfaces prior to supply set up.

# Before you begin

## Gather your supplies:

- Non-sterile Gloves
- Gauze
- Alcohol wipe
- Contact activated, high flow finger lancet
- Sample collection tubes
- Soap and Water
- Sharps container
- Discard bin for biohazard material
- **Optional:** Chemical warming device or infant heel warmer (temperature not to exceed 110°F (43°C))



# Before you begin

Check the online test directory ([spectrumhealth.testcatalog.org](https://spectrumhealth.testcatalog.org)) to make sure that capillary collection is suitable.

Fill out all information on the laboratory requisition form or send electronic order.

Verify correct patient identification with patient and/or patient's guardian and on any labels or forms.

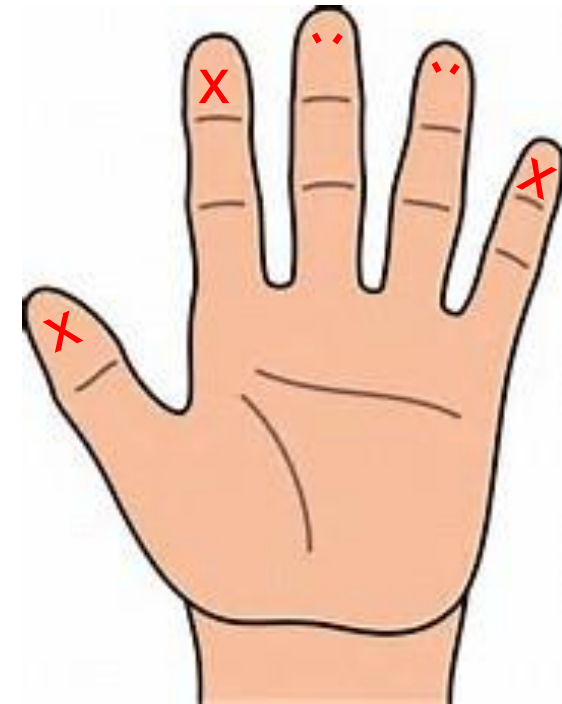
If lead testing is needed, thoroughly wash the patient's hand or foot with soap and warm water. Instruct patient not to touch anything.

# Collection

Choose the puncture site. The puncture should occur across the fingerprints, not parallel to them.

Choose the lateral side of the finger (which has less nerve endings).

Preferred site is middle or ring finger of the non-dominant hand. The thumb has a pulse, the index finger may be more sensitive or callused, and the pinky has insufficient tissue depth to prevent bone injury.





# Collection

Warm the site (if necessary) with chemical warming device. Do not exceed 110°F.

Do not puncture a cold, cyanotic (blue), swollen or scarred finger.

Clean finger puncture site. With an alcohol pad, make a concentric circle and cleanse the tip of the finger puncture site. Allow to dry completely.

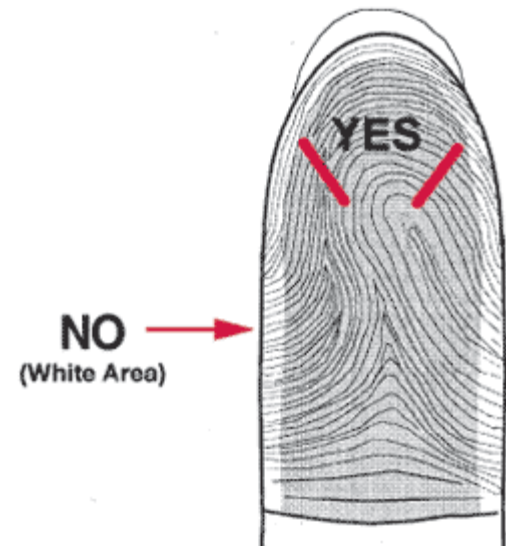
# Collection

Perform the puncture.

Perform the puncture perpendicular to the fingerprint.

To activate, press lancet firmly against the puncture site.

Hold the lancet device firmly on the site until an audible click is heard.



# Collection

Wipe off the first drop of blood with a gauze. Initial drop may contain tissue fluids that can dilute the sample.

Gently massage from the hand to the puncture site. Scraping, squeezing or milking can hemolyze the sample and cause pain.

Position the microtainer tube directly beneath the puncture site.



# Collection

Apply gentle, intermittent pressure on the entire finger to allow the capillaries to refill with blood to help ensure continuous blood flow.

Once collection is complete, wipe the site dry and apply direct pressure with a clean gauze pad until bleeding has stopped.

Apply adhesive bandage on finger. Inform guardians of pediatric patients of its presence and to remove it in about 20 minutes to prevent a potential choking hazard.

Dispose of all used materials in an appropriate container.

# Collection

## Order of draw for microtainer

- Lavender K2 EDTA
- Green Lithium Heparin
- Mint Green Lithium Heparin and gel
- Gray Na<sub>2</sub> EDTA
- Gold SST and gel
- Gold SST and gel
- Red plain

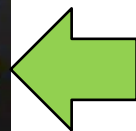


Gently invert each microtainer 8 – 10 times after collection to ensure adequate mixing of additive.

# Labeling

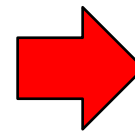
Label the tubes/collection devices in front of the patient and/or guardian.

Lavender microtainers should have the barcoded label placed lengthwise down the tube. All others use the aliquot label. Send all extra labels with specimen to the lab.



## Correct

Place barcode label on lavender top and aliquot label on all other microtainers.



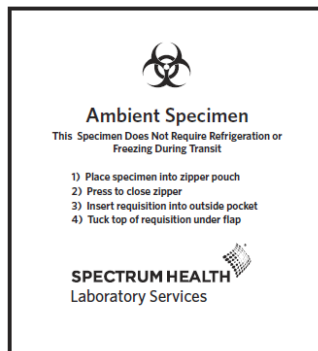
## Incorrect

Use aliquot label and send barcoded labels with specimen with specimen

# Packaging & Transporting

Send specimen according to collection and processing requirements in the online laboratory test directory:

- [Spectrumhealth.testcatalog.org](https://spectrumhealth.testcatalog.org)



**Ambient Specimen**  
This Specimen Does Not Require Refrigeration or Freezing During Transit

- 1) Place specimen into zipper pouch
- 2) Press to close zipper
- 3) Insert requisition into outside pocket
- 4) Tuck top of requisition under flap


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**Refrigerated Specimen**  
Keep Cool, But DO NOT Freeze

- 1) Place specimen into zipper pouch
- 2) Press to close zipper
- 3) Insert requisition into outside pocket
- 4) Tuck top of requisition under flap


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**Frozen Specimen**  
Keep Frozen Maintain -10° or Less

- 1) Place specimen into zipper pouch
- 2) Press to close zipper
- 3) Insert requisition into outside pocket
- 4) Tuck top of requisition under flap

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**STAT**  
Immediate Handling Required

Ambient  
 Refrigerated  
 Frozen

- 1) Check transport temperature above
- 2) Place specimen into zipper pouch
- 3) Press to close zipper
- 4) Insert requisition into outside pocket
- 5) Tuck top of requisition under flap

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**PRIORITY SPECIMEN**  
Special Handling Required

Ambient  
 Refrigerated  
 Frozen

- 1) Check transport temperature above
- 2) Place specimen into zipper pouch
- 3) Press to close zipper
- 4) Insert requisition into outside pocket
- 5) Tuck top of requisition under flap

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# Resources

Spectrum Health Regional Laboratory

Phone: **616.774.7721**

Fax: **616.774.5159**

Email: **LaboratoryServices@spectrumhealth.org**

Test Directory and Collection Instructions:

**[spectrumhealth.testcatalog.org](https://spectrumhealth.testcatalog.org)**

Laboratory News & Updates: **[lab.spectrumhealth.org](https://lab.spectrumhealth.org)**



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