

SPECTRUM HEALTH



Specimen Collection

Capillary Collections
Infant & Neonate Heel Poke

Laboratory Services
March 2017

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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
- Automated heel lancing device (size appropriate for infant age)
- 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 104°F)
- **Optional:** 24% oral sucrose solution



Before you begin

Check the online test directory (spectrumhealth.testcatalog.org) to make sure that capillary collection is suitable.

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

Verify correct patient identification of the infant with the guardian and on any labels or forms.

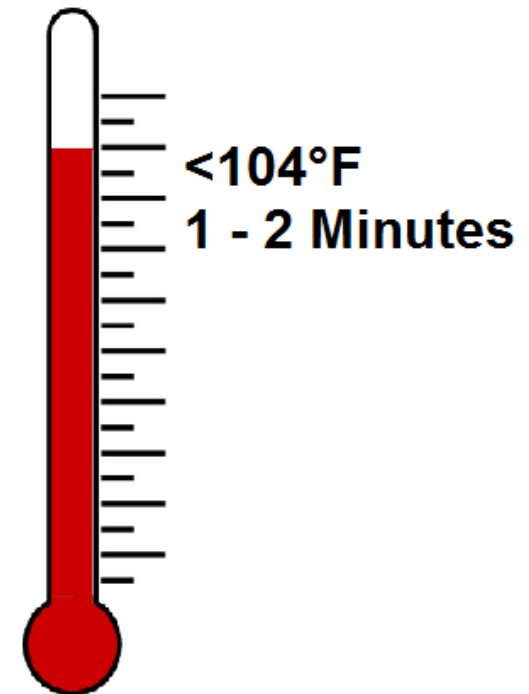
If lead testing is needed, thoroughly wash the patient's foot with soap and warm water. Instruct that the patient is not to touch anything.

Collection – Heel Poke

Warm the heel using approved heel warming device if needed (per user discretion) for 1 – 2 minutes.

Heel warming device should not exceed 104°F (39 – 40°C)

If infant is less than 12 months of age, and it is appropriate, administer 24% oral sucrose solution with pacifier 1 – 2 minutes prior to the procedure.



Collection – Heel Poke

Don non-sterile gloves.

Place infant on stomach if possible and place his/her limb lower than the level of the heart to increase blood flow to the feet. Maintain heel in dependent position below the heart.

Disinfect site on patient finger/heel by thoroughly scrubbing site with an alcohol prep pad for 30 seconds. Allow heel to air dry completely.

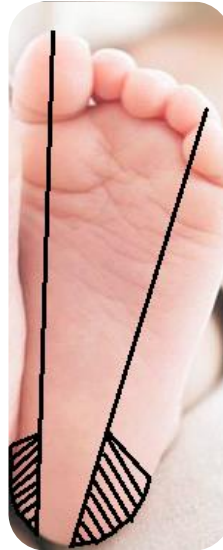


Collection – Heel Poke

Use a lancet to pierce the skin of the prepped heel.

Position it perpendicular to the skin to make a horizontal incision.

Puncture within the designated area of the plantar section of the heel.



Avoid inside of the “V”

Collection – Heel Poke

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

Gently squeeze the entire radius of the puncture. Note: Scraping, excess squeezing or milking can hemolyze the sample and increase pain.

Collect sample in appropriate container, glucose strip, or dried blood card.

Allow blood to drip into container.



Collection – Heel Poke

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

Note: Use of adhesive bandages may cause skin maceration in the preterm neonate.

If adhesive bandage is placed on an older infant, inform guardian of its presence and to remove it in about 20 minutes to prevent a potential choking hazard.

Dispose of contaminated materials in the appropriate receptacle.

Collection – Heel Poke

Order of draw for microtainer

- Lavender K2 EDTA
- Green Lithium Heparin
- Mint Green Lithium Heparin and gel
- Gray Na₂ EDTA
- Gold SST and gel
- Red plain



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

Labeling

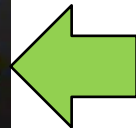
Label the tubes/collection devices in front of the patient and/or guardian.

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.



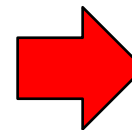
Correct

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



Incorrect

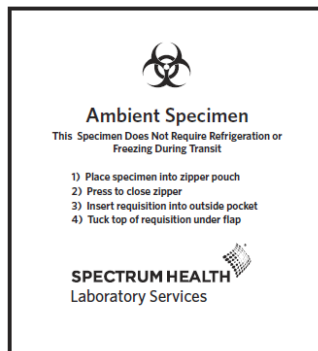
Use aliquot label and send barcoded labels with specimen with specimen



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

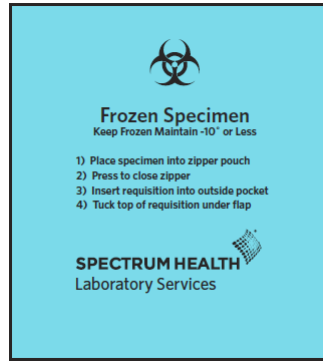
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Refrigerated Specimen
Keep Cool, But DO NOT Freeze

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

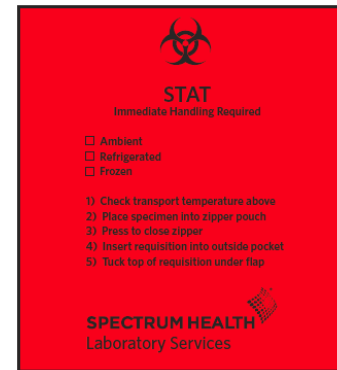
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Frozen Specimen
Keep Frozen Maintain -10° or Less

- 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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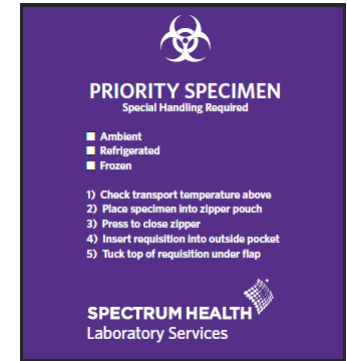


STAT
Immediate Handling Required

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

Laboratory News & Updates: **lab.spectrumhealth.org**

More training modules: **lab.spectrumhealth.org/training**

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