



# Copley Hospital, Inc. Laboratory Services Directory

## COLLECTING A BLOOD SAMPLE

### GENERAL INFORMATION

1. Fasting: Patients should be instructed not to have anything to eat or drink for at least 8 hours. Black coffee, black tea and water are acceptable. The patient should continue to take any medications that have been prescribed unless otherwise directed by their physician. If the patient usually takes their medication with food, please tell them to refrain until after the sample has been collected. It is important for the patient to hydrate.
2. It is important to have all equipment, supplies, and requisitions ready for the procedure.
3. Wash your hands before each patient.
4. Gloves must be worn when performing a venipuncture or fingerstick.

### VENIPUNCTURE

1. Apply a tourniquet to help find a site for venipuncture. Place the tourniquet around the arm above the bend of the elbow (2-3 inches) in such a way that a pull of the end will allow for easy release. It should be tight but not painful to the patient. Do not leave the tourniquet on for more than one minute.
2. Palpate the vein.
3. Once the site has been selected, it should be decontaminated. This can be done two ways:
  - a. When using alcohol for decontaminating the venipuncture site, the site should be cleansed using a circular motion for 60 seconds. It will be ineffective as a germicide if done for a shorter time. The alcohol should be allowed to air dry or be wiped off with dry gauze after preparing the site. If this is not done, it will sting at the puncture site and can interfere with some test results.
  - b. When using Betadine or iodine for decontamination of the venipuncture site, the site should be cleansed using a circular motion. Allow prep solution to dry for 30 seconds before venipuncture as iodine can interfere with some laboratory tests.

If you palpate the site after decontaminating in either fashion, you must decontaminate again. Once the site has been decontaminated DO NOT touch the actual puncture site. Put on gloves.

4. Once the site has been cleansed, the patients arm may be held below the site, pulling the skin tightly with the thumb. It is very important to anchor the vein to prevent it from rolling.
5. To draw blood with the Eclipse system, screw the needle on the disposable holder. Do not uncap the needle until you are ready to do the venipuncture. Place the first tube in the holder and push slightly so that the back of the needle just starts penetrating the cap of the tube. Hold the assembly with the first tube in place between your thumb and third and fourth fingers. Your fingers should never come in contact with the exposed needle. The needle should run the same direction as the vein and inserted at approximately a 15 degree angle (with the bevel side up), slightly below the prominent/palpable vein. Once the needle is in the vein the test tube should be gently pushed forward far enough to puncture the rubber stopper and allow the blood to fill the tube. Hold firmly onto the holder to prevent the needle from moving as you push the test tube onto the needle. The tube should be filled until the vacuum has been exhausted. Remove the tube from the holder being careful to not move the holder and needle. Use gentle inversion to mix the blood and anticoagulant together. Never shake a tube containing blood. When drawing multiple tubes each tube should be gently removed from the holder and replaced with the next tube.
6. The correct order for tubes to be collected in so there is no contamination or transfer of anticoagulants is as follows:
  - a. Red tops/Gold tops
  - b. Light blue top (Citrate)
  - c. Green top (Heparin)
  - d. Lavender top (EDTA)
  - e. Pink top (EDTA)
  - f. Gray top (Glucose preservative tube)

If you need to draw a blood culture set, it should always come first.

7. If blood has been collected into one tube it should never be transferred to another tube.
8. Remember to mix the tubes by gentle inversion.
9. Release the tourniquet, withdraw the needle smoothly and click the plastic shield forward over the needle.
10. Apply pressure with a dry gauze pad for two minutes, or until bleeding has stopped.

NOTE: Bending the arm is not sufficient in obtaining the proper pressure for closure of the puncture site.

11. Do not recap the needle but dispose of the needle/holder combination in a puncture proof needle disposal container.

12. Label the tubes at the patient's side. (Two identifiers are needed to be labeled acceptably. The patient's full name, date of birth, and / or Copley Hospital medical record number.) The tubes should not be left on a counter top unlabeled.
  
13. Check the patient's arm and apply a band-aid (over a small piece of gauze) if necessary. Instruct the patient to remove the bandage after one hour.