Performing a Heel Stick

NCCLS H4-A4 Recommended Guidelines:
1. Warming the infant's heel is essential for pH and Blood Gases.
2. Warming the heel increases arterial blood flow to the site up to seven-fold without burning the skin.
3. Temperature of warming device should not be higher than 42ºC.

Filling BD Microtainer™ Tubes with BD Microgard™ Closure

Methods Using the BD Quikheel™ Lancet

Newborn Capillary Blood Collection

Alternate Filter Paper Method

Completing a Filter Paper Card

Obtain necessary supplies:
- Gloves (powder free)
- Lancet
- BD Microtainer Tubes with BD Microgard Closure
- Alcohol pad
- Sharps Collector
- Heel warmer (if used)
- Conduct Heel Stick as outlined in the "Performing a Heel Stick" Section above.
- After triggering the lancet, remove the lancet and discard it into a biohazard sharps container.
- After blood has been collected from the heel of the newborn, the foot should be elevated above the body.
- A sterile gauze pad or cotton swab should be pressed against the puncture site until the bleeding stops.
- It is not advisable to apply adhesive bandages over skin puncture sites on newborns.
- If multiple specimens are to be collected next.
- Collect the specimen with the heparinized capillary tube by allowing the blood to come in contact with the capillary tube, always holding at a 30-45º angle. Ensure that the tube is not scraped over the puncture site.
- After blood has been collected from the heel of the newborn, the foot should be elevated above the body.
- A sterile gauze pad or cotton swab should be pressed against the puncture site until the bleeding stops.
- It is not advisable to apply adhesive bandages over skin puncture sites on newborns.
- Always drying the filter on a sterile gauze pad or cotton swab is required for all blood specimen collection. A sealed filter paper must be avoided.

Filling BD Microtainer™ Tubes with BD Microgard™ Closure

NCCLS H4-A3 Recommended Guidelines:
1. Although this is not the preferred method, applying blood collected in sterile heparinized capillary tubes onto preprinted circles of filter paper is an acceptable alternative to applying the blood directly from the heel puncture site.

NCCLS LA4-A3 Recommended Guidelines:
1. Each capillary tube should collect approximately 75-100mL.
2. Warming the heel increases arterial blood flow to the site up to seven-fold without burning the skin.
3. Temperature of warming device should not be higher than 42ºC.

ALTERNATE FILTER PAPER METHOD

• Conduct Heel Stick as outlined in the "Performing a Heel Stick" Section above.
• After blood has been collected from the heel of the newborn, the foot should be elevated above the body.
• A sterile gauze pad or cotton swab should be pressed against the puncture site until the bleeding stops.
• It is not advisable to apply adhesive bandages over skin puncture sites on newborns.
• Always drying the filter on a sterile gauze pad or cotton swab is required for all blood specimen collection. A sealed filter paper must be avoided.

• Fill out all relevant information on the filter paper card prior to collection.
• Take precautions not to touch the filter paper while filling out the relevant information.
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