## Blood Sampling – Capillary (Finger Sticks)

### Purpose
The purpose of this procedure is to guide the safe handling of capillary-blood sampling devices to prevent transmission of bloodborne diseases to residents and employees. Can only be done by licensed.

### Equipment and Supplies
1. Alcohol pledgets;
2. Spring-loaded sampling device;
3. Disposable lancet;
4. Plastic disposable platform;
5. Personal protective equipment (e.g., gloves); and

### General Guidelines
1. Sampling devices without removable platforms (finger rests) should be used only once, and then discarded.
2. If the device does not use a platform, the device should be disinfected following the manufacturer’s instructions, utilizing approved cleaning solutions.
3. The lancets and platforms must always be changed after use on each resident.
4. Handle the lancet as a used needle.

### Steps in the Procedure
1. Wash hands.
2. Don gloves.
3. Place a new lancet and disposable platform on the spring-loaded finger-stick device.
4. Wipe the area to be lanced with an alcohol pledget.
5. Obtain the blood sample, following the manufacturer’s instructions for the device.
6. Discard lancet and platform into the sharps container.
7. Wipe any visible blood from the spring-loaded device with alcohol pledgets.
8. Following the manufacturer’s instructions, clean and disinfect reusable equipment, parts, and/or devices after each use.
9. Remove gloves, and discard into appropriate receptacle.
10. Wash hands.

### References
- MDS (RAPs): n/a
- Survey Tag Numbers: F441
- Related Documents: Nursing Care of the Resident with Diabetes Mellitus (*Diabetic Care*)
- Obtaining a Fingerstick Glucose Level (*Diabetic Care*)
- Risk of Exposure: Blood – Body Fluids – Infectious Diseases

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Revision date: 6/4/2012