

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 be no higher than 42°C.



- Select a site identified in the colored area above.
- Cleanse site thoroughly with alcohol. (70/30 by volume, 70%).
- Allow skin to air dry.



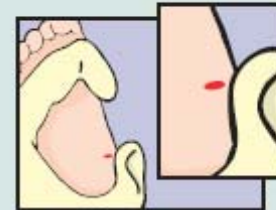
- With a gloved hand, place the **BD Quikheel™ Lancet** against the site with the Quikheel logo facing you.
- Place the blade slot area securely against the heel.
- The incision can be placed at a 90° angle to the length of the foot or parallel to the length of the foot.



- Firmly and completely depress the trigger with your index finger.



- After triggering the lancet, remove the lancet and discard it into a biohazard sharps container.



- Gently wipe away the first drop of blood with sterile gauze or cotton ball.
- Apply gentle pressure with the thumb and ease intermittently as drops of blood form.
- Be sure to apply pressure such that the incision is opened.

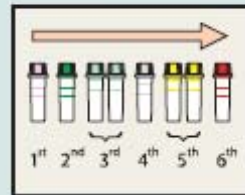
Filling BD Microtainer™ Tubes with BD Microgard™ Closure



- Obtain necessary supplies:
 - Gloves (powder free)
 - Lancet
 - Gauze or cotton balls
 - BD Microtainer Tubes with BD Microgard Closure
 - Alcohol pad
 - Sharps Collector
 - Heel warmer (if used)
- Confirm the identity of the newborn.



- Conduct Heel Stick as outlined in the "Performing a Heel Stick" Section above.



- The order of draw for micro collection differs from that of venipuncture.
- If multiple specimens are to be collected, including EDTA specimens, the EDTA specimen is drawn first to ensure adequate volume and accurate hematology test results.
- Additive specimens are collected next.
- Specimens requiring serum are collected last.



- Collect the specimen with the Microtainer Tube by allowing the blood to run into the collection scoop, while holding at a 30-45° 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.
- Mix all Microtainer Tubes with Microgard Closures with the following inversions.

EDTA - 10 X Lithium Heparin - 10 X
PST - 10 X Glucose - 10 X
SST - 5 X Serum - 0 X