

# Finger Prick Blood Test

## Patient's Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Materials Needed

- Lancet
- Gloves
- Alcohol wipes
- Sterile gauze pads
- Capillary tubes or test strips
- Bandage
- Sharps container
- Cotton balls (optional)

## Instructions

1. Gather all necessary equipment, including lancets, alcohol wipes, gloves, a blood collection device (like a capillary tube or a test strip), and a bandage.
2. Select the finger to prick. Typically, the middle or ring finger of the non-dominant hand is used.
3. Ensure the finger is warm to encourage blood flow, which can be facilitated by rubbing the hand or holding it under warm water.
4. Use an alcohol wipe to clean the fingertip thoroughly. Allow the area to air dry completely to avoid contamination and ensure accurate results.
5. Always wear gloves to maintain sterility and protect both the healthcare professional and the patient from potential infections.
6. Hold the lancet securely and press it against the side of the fingertip. Press the trigger mechanism to make a small puncture. It's recommended to use the side of the fingertip to reduce pain and discomfort.
7. Wipe away the first drop of blood with a sterile gauze pad, as it may contain tissue fluid. Gently squeeze the finger to encourage a second drop of blood, which should be collected with the capillary tube or applied directly to the test strip, depending on the testing apparatus.
8. If using a capillary tube, ensure it's securely capped, or the blood is transferred to a test vial as required. For test strips, ensure the blood drop is fully absorbed per manufacturer instructions.
9. After blood collection, apply pressure to the puncture site with a clean gauze pad or cotton ball to stop bleeding. Once the bleeding has stopped, use a small bandage over the site.
10. Properly dispose of the lancet in a designated sharps container. Remove gloves and dispose of them, along with any other used materials, according to your organization's health and safety guidelines.
11. Finally, record the blood test results as required and follow through with appropriate analysis and patient care based on the findings.

*Note: This procedure should be performed with due consideration to patient comfort, privacy, and informed consent. Always follow up with the patient regarding test results and next steps in their care plan.*

**Findings****Additional Notes**