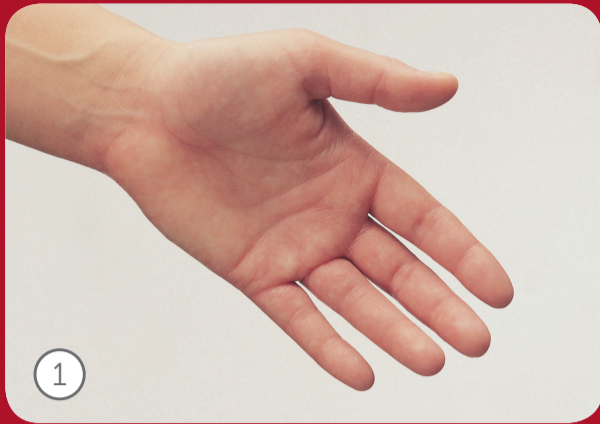


How to Perform Capillary Sampling



Make sure the patient/donor is seated comfortably. The hand should be warm and relaxed. Heating the hand with warm water or by some other means is a good idea to increase blood circulation. The hand should be straight but not tense, to avoid stasis.



It is best to use the middle or ring finger for sampling, but fingers with rings should be avoided due to the risk for decreased circulation. Clean the finger with alcohol or a suitable disinfectant then wipe dry with a clean, dry wipe or allow to air dry completely.



Using gentle pressure, rock your thumb from the top of the knuckle towards the fingertip. This stimulates the blood flow towards the sampling point.



While maintaining gentle pressure with your thumb positioned towards the tip of the finger, firmly place the lancet at the side of the fingertip. Not only is the blood flow at its best at this point, it also causes the least pain. Lancets that produce a puncture depth of at least 2.0 mm will produce better blood flow.



Wipe away the first two or three "good sized" drops of blood. This stimulates the blood flow. If necessary, apply light pressure again, until another drop of blood appears. Avoid "milking."



Make sure that the drop of blood is big enough to fill the cuvette completely. Introduce the cuvette tip into the middle of the drop.



Fill the cuvette in one continuous process. A partially filled cuvette must never be re-filled.



Wipe off any excess blood from the outer surfaces of the cuvette, being careful not to draw any blood out of the cuvette in the process.

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