

LAC+USC HEALTHCARE NETWORK

DEPARTMENT OF NURSING SERVICES AND EDUCATION

HEELSTICK (INFANT) PROCEDURE

PURPOSE:

To outline the nursing responsibility in performing a heelstick to collect a blood sample.

SUPPORTIVE DATA:

The amount of blood collected should not exceed 1.5 mL per foot.

EQUIPMENT LIST:

- Lancet
- Chlorhexidine swab
- 2x2 gauze (2)
- Band-aid (small)
- Blood specimen microtubes as needed

CONTENT:

PROCEDURE STEPS

KEY POINTS

1. Warm infant's heel by applying warm and moistened diaper/towel or chemical warming pack.
2. Select puncture site on either side of heel.
 - Alternate heels and rotate sites.
3. Cleanse site vigorously with chlorhexidine swab. Allow to dry.
4. Grasp foot firmly at arch and ankle.
5. Puncture heel with lancet in one continuous motion.
 - Keep the lancet at a 90 degree angle.

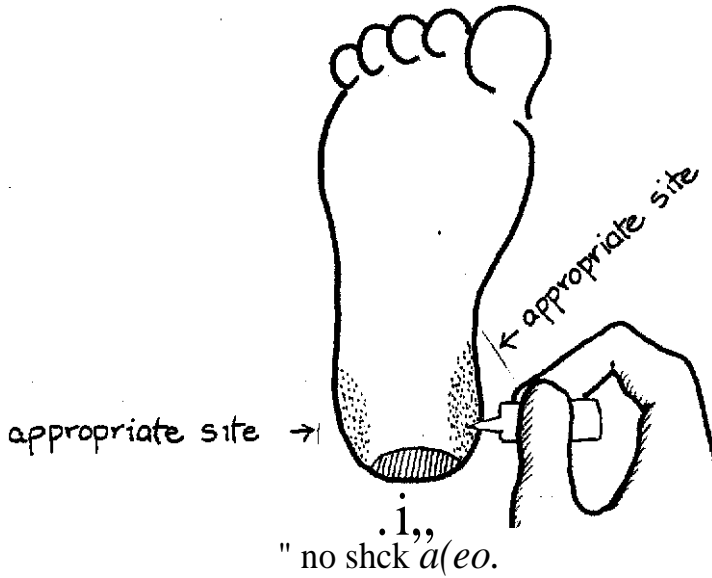
Warming increases blood flow. Warming time not to exceed 5 minutes and temperature not to exceed 40°C (104°F).

Minimizes damage to posterior tibial nerve and artery, plantar artery and fat pad of heel.

Minimizes risk of infection and scar formation.

PROCEDURE STEPS

KEY POINTS



6. Wipe off first drop of blood with sterile gauze.
7. Position foot below the heart level to facilitate blood flow.
8. Milk the foot gently using a rolling motion with finger in a toe-to-heel direction.
 - Collect minimal amount of blood required.
9. Apply pressure with 2x2 gauze until bleeding stops.
10. Apply band-aid.

Prevents contamination of sample with serous fluid and cellular debris.

Excessive squeezing or milking may cause hemolysis.