

# Finger Prick

Always use universal safety precautions.



1. Collect supplies.



2. Position hand palm-side up. Choose whichever finger is least calloused.



3. Apply intermittent pressure to the finger to help the blood to flow.



4. Clean the fingertip with alcohol. Start in the middle and work outward to prevent contaminating the area. Allow the area to dry.



5. Hold the finger and firmly place a new sterile lancet off-center on the fingertip.



6. Firmly press the lancet to puncture the fingertip.



7. Wipe away the first drop of blood with a sterile gauze pad or cotton ball.



8. Collect the specimen. Blood may flow best if the finger is held lower than the elbow.



9. Apply a gauze pad or cotton ball to the puncture site until the bleeding stops.



10. Properly dispose of all contaminated supplies.