## **Finger Prick**

## Always use universal safety precautions.



1. Collect supplies.



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



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



10. Properly dispose of all contaminated supplies.



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



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



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



6. Firmly press the lancet to puncture the fingertip.



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.



Use of trade names and commercial sources is for identification only and does not imply endorsement by WHO, the Public Health Service, or by the U.S. Department of Health and Human Services (2005).

