



Standard Operating Procedures Clinical and *Translational Research Center*

Title:	Blood Collection		
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Purpose

Knowledgeable and skillful performance of blood collection procedures and technique contributes to timely and accurate blood analysis results. The purpose of this SOP is to describe the methodology in obtaining a peripheral blood sample from an adult for laboratory analysis.

Clinical staff must follow all standard guidelines and universal precautions when working with bodily fluids. Use appropriate Personal Protective Equipment (PPE) such as gloves, eye protection, and coats or gowns to prevent exposure to potentially infectious bodily fluids such as blood.

Procedure

1. Wash hands and gather the following supplies:
 - Vacutainer Apparatus (butterfly) with safety device
 - Blood collection tubes
 - Tourniquet
 - Gloves
 - Alcohol Swabs
 - Gauze Pad or cotton ball
 - Tape or Band-Aid
 - Labels
 - Pen
2. Introduce yourself and verify the subject's name, date of birth, subject ID number, protocol number, and medical record number. Subject identifiers must match the research chart.
3. Wash hands and wear appropriate personal protection equipment (PPE). Minimum standard is an approved pair of gloves.

4. Assess the subject for shunts, mastectomy or any recent surgery, history of difficult blood draws, fainting, and medications that may delay clotting, such as aspirin or Coumadin. Do not draw blood on an extremity that has a shunt or mastectomy.
5. Have the subject sit in a comfortable position and apply the tourniquet. If the subject has a history of fainting, have him/her lie down on the treatment table and apply the tourniquet.
6. Palpate for a vein and look for the best site for blood draw. It may be helpful to ask the subject for site preference.
7. Clean site with alcohol swabs in a circular motion starting from the inside going outwards and allow alcohol to dry.
8. With your non-dominant hand, stabilize the vein. With your dominant hand, puncture the skin at a 30-degree angle using the vacutainer apparatus.
9. Obtain blood samples using appropriate blood collection tubes.
10. If blood flows freely, the tourniquet may be loosened. Remove the tourniquet just before the last blood sample has been obtained. Do not leave the tourniquet on for more than 1 minute.
11. Apply a clean gauze pad over the puncture site and withdraw the needle. Caution must be observed to prevent from getting stuck with a contaminated needle.
12. Apply the needle safety device (follow manufacture instructions for specific device used) and discard the needle with the safety device in place into the sharps container.
13. Invert blood collection tubes with additives for proper mixture. Do not shake.
14. Apply pressure to the site for approximately 2 to 3 minutes. Pressure may need to be applied for a longer period of time in certain individuals.
15. Tape the gauze pad or a band-aid may be applied to the site.
16. Discard blood contaminated products into the biohazard trash.
17. Label the blood collection tube(s). Verify name and date of birth on the label in the presence of the subject before taking the sample to the lab. Write date and time of collection on the label.

References

- Beth Israel Deaconess Medical Center. (n.d.). *Procedure for the collection of diagnostic blood specimens by venipuncture*. Retrieved from http://home.caregroup.org/departments/pathology/lab_manual/PLM_specimen_venipuncture.pdf
- Nettina, S. M. (2001). *The lippincott manual of nursing practice* (7th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.