

# How To Do A "Finger-stick" For Collecting A Blood Sample For An At-Home Lab Kit

## What is a "finger-stick"?

A "finger-stick" is a way to collect blood for lab tests. A small needle (called a lancet) is used to prick your child/the child in your care's fingertip in order to collect a few drops of blood. The blood is collected on a "sample card" included in the lab kit you received in the mail.



## What are the steps of the "finger-stick"?

1. Wash your hands with soap and water, then dry your hands completely with a clean towel. Have your child/the child in your care wash and dry their hands also.

2. Hold their hand with the fingers pointing downwards (towards the floor). This will help the blood flow down the finger.

- Hold their hand so that the other fingers are curled under. This will let you easily see and move the finger you will be using.



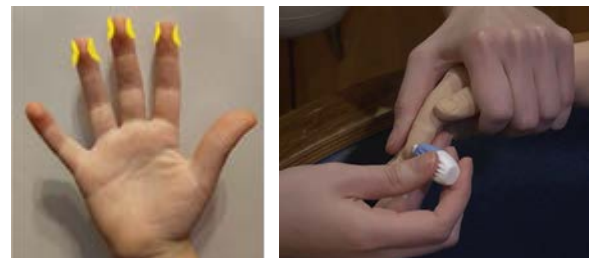
3. Gently massage their finger, starting from the base of the finger (where the finger connects to the palm) and massaging towards the fingertip. Do this several times.

4. Use the alcohol wipe provided in the lab kit to "scrub" their fingertip, then wait 10-15 seconds for their fingertip to air dry.

5. Remove the blue cap from the lancet by gently twisting and pulling on the cap.



6. Hold the lancet to the side of their fingertip. Do not put any pressure on the lancet until you are sure you have placed the lancet correctly.



7. To "stick" their fingertip, press the lancet firmly against their finger. Do not release the lancet until you hear a "click" sound.

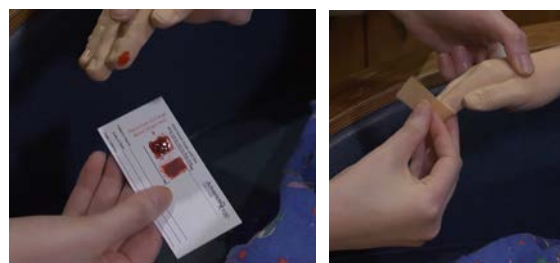
8. Wipe the first blood drop away with a cotton ball, gauze pad, or tissue. Then tell your child/the child in your care that you will just be holding their finger and collecting the blood sample, not “poking” or “sticking” their finger more than once.
9. Hold the finger firmly at the base of the finger where it connects to the palm. Don’t squeeze over the fingertip itself, as this can stop the blood-flow.



10. Let the blood drops form into a full-sized drop before you try to collect the blood on the sample card.

11. Move the sample card to their finger. Do not try to bring their finger to the sample card or try to aim their finger so that the blood drop(s) fall onto the card.

12. Once you have collected enough blood to fill the collection area on the sample card, you can use a cotton ball, gauze pad, or tissue to hold gentle pressure over their finger to stop further bleeding.



- After 30-60 seconds, you can apply a band-aid to their finger. If the bleeding has already stopped, a band-aid is not needed.

13. Replace the blue cap onto the used lancet, then throw away the lancet in the garbage. Throw away any used cotton balls, gauze pads, or tissues in the garbage. Clean up any extra blood from their hands, your hands, and any surfaces (such as a counter, table, or chairs).

14. Follow the instructions in the section below, **What happens after the “finger-stick”?** to fill out the collection form and mail the sample card to the lab.

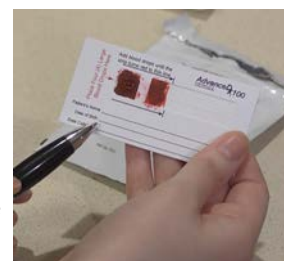
### What happens after the “finger-stick”?

How to mail the collected blood sample to the lab:

1. Set the collection card in a spot that will not get direct sunlight. Allow the card to dry for 30 minutes.



2. Write your child/the child in your care’s name, date of birth, and the date the blood sample was collected on the dried collection card.



3. Remove one of the white barcode stickers from the white Test Requisition Form. Place the sticker on the back of the dried collection card.



4. Open the white Blood Sample Return Pouch, following the directions printed on the pouch. Do not remove any items from inside the pouch. Place the dried collection card into the pouch. Follow the directions printed on the pouch to seal it.



5. Fill out the section **YOU MUST COMPLETE THIS SECTION** on the white Test Requisition Form. You will print the name of the person who collected your child/the child in your care's blood sample, the date the sample was collected, and the time of day the sample was collected.



6. Place the sealed Blood Sample Return Pouch and the completed Test Requisition Form into the preaddressed and prepaid return envelope. Seal the return envelope, and mail back to the lab by US Postal Service. Be sure to mail the sample back on the same day it was collected.



#### How to get the lab test results:

Once the lab receives the blood sample, it can take up to one week for the results to be available. The lab will send a report to your child/the child in your care's doctor with the results of the lab tests. You can contact their doctor to learn what the results of the lab tests are.

The lab will also send us (your child/the child in your care's insurance) a notice when the report has been sent to their doctor. Our staff will then contact you to make sure their doctor was able to share the lab results with you. If you need help contacting their doctor, we will be able to help.

#### **Have More Questions? We're Here to Help!**

You can find additional information online at [www.chorushealthplans.org/labkit](http://www.chorushealthplans.org/labkit).

Scan this QR code with your smart phone to visit our website:



You can also contact us by phone:

- If your child/the child in your care is a Care4Kids member, please call 1-855-371-8104.
- If your child/the child in your care is a Chorus Community Health Plans member, please call 1-877-227-1142.

**This sheet was created to help you care for your child/the child in your care. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**

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