

Section: Division of Nursing  
Approval: \_\_\_\_\_  
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\* **PROCEDURE** \*  
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HACKETTSTOWN REGIONAL MEDICAL CENTER

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**NEWBORN SERVICES/ER**  
(Scope)

**TITLE: NEONATAL HEEL STIX BLOOD COLLECTION PROCEDURE**

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**PURPOSE:** To outline the procedure to obtain a blood specimen from a neonate.

**SUPPORTIVE DATA:** Obtaining a nonvenous blood sample from a neonate is accomplished by puncturing the outer aspects of the infant's heel.

**EQUIPMENT:**

1. Alcohol swab
2. Approved lance for puncture
3. Band-Aid "Dot Size"
4. Cotton ball or gauze pad
5. Disposable gloves (non-sterile)

**CONTENTS:**

**Preparation:**

- PROCEDURE STEPS:**
1. Warm the infant's foot by wrapping it with a cloth soaked in warm tap water (39° to 44°C/102.2° to 111°F) for 3-5 minutes or by using an approved chemical heel warmer. Position infant with feet lowered below the heart to help increase blood flow.

**Procedure:**

2. Draw an imaginary line posteriorly from the middle of the great toe to the heel, or draw a line posteriorly from between toes 4 and 5 to the heel. (See diagram.) Perform the puncture outside of these lines, within darkened area
3. Wipe the site with alcohol pad and dry with a gauze pad or cotton ball.
4. Put on gloves.
5. Using an approved lancet, perform the puncture no deeper than 2.5mm in one continuous motion in a direction perpendicular to the site.
6. Discard the first drop of blood; wipe it away.
7. Collect blood as needed for test.

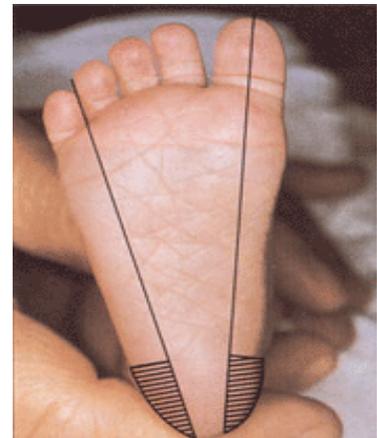
**Follow-Up:**

8. Press gauze to site until bleeding stops; then apply Band-Aid.

**DOCUMENTATION**

Chart heel stix for the appropriate lab work as ordered. Document neonatal pain assessment using NIPS.

**KEY POINTS:**



Hatched area ( // ) indicates safe areas for puncture site.

Osteomyelitis is a potential complication.

- a. First drop contains an excess amount of intracellular and interstitial fluid.
- b. Avoid milking or massaging the foot. This causes hemolysis.

Monitor baby's heel for late bleeding and inflammation.

Internet: <http://health.state.ga.us/programs/nsmscd/screening-form.asp>