

Taking blood from a heel

This is also called a capillary sample.

This can be used for blood glucose sampling.

Heel pricks can be used for dry spot samples on a 5 day old baby. They can be obtained by gently squeezing the site or by using a blood gas tube, the blood is then dropped onto a piece of sample paper for testing. Some of the tests that can be carried out this way are; sickle cell disease, cystic fibrosis, congenital hypothyroidism, phenylketonuria and MCADD.

As long as you don't want a large sample then most samples can be taken from a heel prick, apart from potassium as due to the gentle squeezing of the heel it can alter the results.



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