



Getting Great Blood Spots

essentials 

Remember

- Even if the blood spots are great, the infant will need another heel poke if the blood spot card (requisition) is expired. Always check the expiry date first.

Expires  **YYYY-MM-DD**

- If it is not possible to get four fully saturated blood spots after two heel pokes, send the card to the Alberta Newborn Screening Lab and work with the parent to arrange collecting the infant's blood spots with a new blood spot card at a different time.
- Get help if you need it.
 - Talk to a clinical educator or experienced colleague about the newborn blood spot screen.

For more information

visit www.ahs.ca/newbornscreening



Staff Education

 Collecting





Clinical Policy Suite

Newborn Blood Spot Screening Sample Collection Procedure

A great blood spot

great blood spot	how to start	how to do it
 Front	<ul style="list-style-type: none"> • the blood spot card is not expired • the fold over cover is pulled back from the filter paper to expose pre-printed circles before collection 	<ul style="list-style-type: none"> • the first drop of blood is wiped away from the infant's heel • always start with the "Start Here" circle • blood is only applied to the front of the blood spot card • let the blood soak the filter paper inside the circle completely before moving to the next circle • the infant's heel is not squeezed or milked
 Back		

Common blood spot problems

common problem	how it happens	how to avoid it
abraded or compressed 	<ul style="list-style-type: none"> • the blood spot card was rubbed or pressed against the infant's heel or other object • the fold-over cover was placed over the blood spots while they were wet 	<ul style="list-style-type: none"> • only let the filter paper touch the drop of blood • don't use a capillary tube to put blood on the filter paper • only close the fold-over cover over the blood spots when they are completely dried (may be more than three hours)
not enough blood (or did not soak through to the back) 	<ul style="list-style-type: none"> • the infant stopped bleeding • the drop of blood was not big enough 	<ul style="list-style-type: none"> • apply short, gentle intervals of pressure to the heel without squeezing or milking • while the first drop is still wet, add a second drop of blood • if necessary, poke the infant on the other heel
layered 	<ul style="list-style-type: none"> • additional drops of blood were applied after the first drop has already started to dry 	<ul style="list-style-type: none"> • use only one drop of blood or, if that's not enough, add a second drop ONLY while the first drop is still wet
contaminated 	<ul style="list-style-type: none"> • something came into contact with the filter paper (e.g., hands, hand lotion, alcohol) • the blood mixed with cellular fluid 	<ul style="list-style-type: none"> • keep the blood spot card clean and away from unclean surfaces and cleaning products • apply short, gentle intervals of pressure to the heel without squeezing or "milking"

