**Instructions for performing venipuncture**

1. A patient should sit comfortably in an armchair or lie down if they fainted during a blood collection before.
2. Check the data of the patient.
3. Prepare assemble equipment:

* laboratory sample tubes, which should be stored dry and upright in a rack;
* well-fitting, non-sterile gloves;
* an assortment of blood-sampling devices (safety-engineered devices or needles and syringes), of different sizes;
* a tourniquet;
* alcohol hand rub;
* 70% alcohol swabs for skin disinfection;
* gauze or cotton-wool ball to be applied over puncture site;
* laboratory specimen labels;
* writing equipment;
* laboratory forms;
* leak-proof transportation bags and containers;
* a puncture-resistant sharps container

1. Perform hand hygiene
2. Put on well-fitting, non-sterile gloves
3. Select the site, preferably at the antecubital area
4. Apply a tourniquet
5. Desinfect the site and allow to dry completely.
6. Anchor to vein at an angle of 15 °.
7. The tourniquet should be removed before removing the needle from the puncture site
8. Remove the needle. Apply pressure and sterile dressing strip to the site.
9. Slightly mix the samples.
10. Discard the needle and the gloves to appropriate containers.
11. Perform hand hygiene

Drawing samples in the correct order:

1. Blood cultures
2. Citrate tube
3. Serum tube
4. EDTA tube
5. Fluoride tube

**Instruction for performing capillary puncture**

1. Perform assemble equipment
2. Perform hand hygiene
3. Put on well-fitting, non-sterile gloves
4. Select the site
5. Apply disinfectant and allow to dry
6. Puncture the skin
7. Wipe away the first drop of blood
8. Avoid squeezing the finger too tightly. Avoid the contact blood with air.
9. Mix capillary blood slightly.
10. Apply a small dressing or adhesive strip to the site.
11. Dispose of all waste materials.
12. Perform hand hygiene.