

Help us to  Hammer down Haemolysis  
'The dos and don'ts of taking blood samples'



Dos

- DO use the antecubital fossa vein
- DO USE A SUITABLE BORE (GREEN) NEEDLE
- DO use Vacutainers
- DO mix by gentle inversion
- DO contact Phlebotomy if you need Vacutainer training



Don'ts

- DO NOT leave the tourniquet on too long
- DO NOT shake the sample to mix it
- DO NOT bleed through a cannula
- DO NOT squirt blood through a needle into the tube
- DO NOT bleed where there is a haematoma!