

Once Finished - Finger Sample

- When finished cover the site with cotton wool or gauze. Bleeding should cease almost instantly.
- Dispose of equipment appropriately.
- Wash your hands.
- Place the blood spot in the special bag provided ensuring the blood spot end sits at the bottom of the bag.
- Send first class to your PKU laboratory.



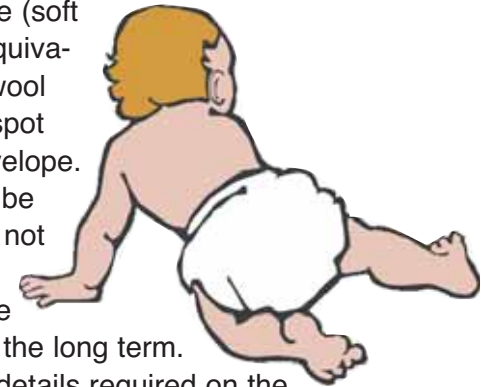
The National Society for Phenylketonuria (United Kingdom) Ltd.

How to do - the heel prick test.

Equipment

Lancet device (soft
clix pen or equiva-
lent) cotton wool
balls, blood spot
card and envelope.
Plasters can be
used but are not
necessary
and will prove
expensive in the long term.

Write all the details required on the
card before taking the sample.



Gather together all the required equipment.

The Society is a registered charity.
It offers support to PKUs and their families by producing various publications includ-
ing a quarterly newsletter, organising formal and informal meetings and conferences.

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Procedure

- Ensure area on the heel is pink and warm. Apply one or two pairs of warm socks an hour or so before performing the test. Clean with warm water and dry thoroughly. If the foot remains cool, hold in your warm hand for 10 or so minutes before commencing procedure.
- Wash your hands.
- Make sure baby is lying in a safe position.
- Select a suitable site, avoiding old injury sites.
- Hold the heel with dominant hand, holding firmly to apply slight tension to the skin.
- Using lancet device, place the piercing end flat against the skin, lance the heel by pressing the button. Do not squeeze straight away (the firing mechanism is so rapid, it is more effective to count to three and then squeeze)
- Relax the tension and allow for a spot to form by gently squeezing and relaxing.
- Hold the heel in such a way as to allow the blood to hang. If the droplet looks like it is about to run, this usually indicates that it is big enough. (Squeezing excessively is not advised as it engorges the tiny pierced hole and does not allow blood to flow well).
- When a significant droplet has formed hold the card at the first circle and allow the blood to drip onto it. Aim for near the centre of the circle as possible.
- Release the heel pressure allowing for free flow of another droplet to form and repeat the process until each circle is filled. Only allow a single drop to each circle on the card.



Side of heel up to big toe can be used.
(See back of screening card)

Once Finished - Heel Pinch

- Once finished, bleeding will cease fairly rapidly but to ensure there is no spill, apply cotton wool to the area.
- Dispose of all equipment safely.
- Wash your hands.
- Place the blood spot in the special bag provided ensuring the blood spot end sits at the bottom of the bag. Avoid touching filter paper before & after test.
- Send first class to your PKU laboratory.



Finger Pinch Sample

- Any area at the tip of the finger or thumb is suitable. To manage a good sample a fairly central position is best however there are less nerve endings at the side of fingers.
- If you are doing a sample on yourself, decide which you would prefer. If you are collecting a sample on your child, it is easier to ensure a good sample first time from a central point. Being able to get both a good sample and catching it on to the card is often a little more difficult on small fingers using the side. (the more confident you are, the easier sampling becomes.)
- Again as with heel prick you need to collect all equipment together before starting. Fingers are used once a child starts to stand and toddle. If you continue to use the feet after this time it becomes increasingly difficult as the skin on feet become much firmer.
- Wash the child's hands thoroughly
- Sit the child on your lap, or in a position that will keep him/her reasonably still during the procedure.
- Ensure the hands are warm and pink so the blood will flow easily.
- Select a site. Keep away from old wound sites and gently squeeze
- Using the lancet device, hold with the non -dominant hand and puncture the skin. Relax the tension and allow blood to flow.
- Position the hand to the side, wait for a large droplet to form before dripping onto the card
- Gently re-apply pressure to form a second droplet, repeat as above until the card is filled. Remember only one drop to each circle.

