




MASTER CHEAT SHEET

KEY CONCEPTS











KEY CONCEPTS TO KNOW

- ♥ **Patient Identification:** Always verify name & DOB. Never assume!
- ♥ **Order of Draw (Tube Sequence):** Follow the correct order to avoid contamination. 
- ♥ **Specimen Integrity:** Proper collection, labeling, mixing, and storage.
- ♥ **Infection Control:** Always use Standard Precautions. Hand hygiene is key!
- ♥ **Equipment Knowledge:** Know your needles, tubes, & collection supplies.
- ♥ **Patient Comfort & Safety:** Be calm, explain the procedure, and show care.
- ♥ **Legal & Ethical:** Maintain privacy, follow HIPAA, and practice within scope of training.



ORDER OF DRAW (TUBE SEQUENCE)

		ADDITIVE	INVERSIONS
1	 Blood Cultures	Sterile	8-10
2	 Light Blue (Sodium Citrate)	Sodium Citrate	3-4
3	 Red (Plain)	None (Clot Activator)	0-5
4	 Gold (SST)	SST Gel (Clot Activator)	5
5	 Green (Heparin)	Heparin	8-10
6	 Lavender (EDTA)	EDTA	8-10
7	 Pink (EDTA)	EDTA	8-10
8	 Gray (Sodium Fluoride)	Sodium Fluoride	8-10

Incorrect order = additive contamination = **WRONG** results




MEMORY TRICK

"Boys Love Ravishing Girls Like Pink Girls"

Blood Cultures • Light Blue • Red • Gold • Green • Lavender • Pink • Gray




COMMON TUBES & USES

-  **Light Blue:** Coagulation tests (PT, PTT)
-  **Red:** Chemistry, Serology
-  **Gold (SST):** Chemistry, Immunology
-  **Green:** Heparin – Chemistry
-  **Lavender:** Hematology (CBC)
-  **Pink:** Blood Bank (Type & Screen)
-  **Gray:** Glucose, Lactate

Always mix tubes by inverting gently the correct number of times. ✨




VENIPUNCTURE TIPS

- ✓ Choose the right vein: Median Cubital is the best choice.
- ✓ Apply tourniquet 3-4 inches above the site. Remove within 1 minute.
- ✓ Cleanse the site: Use friction & let it air dry.
- ✓ Insert needle bevel up, 15-30° angle.
- ✓ Anchor vein below the site.
- ✓ Release tourniquet once blood flow is established.
- ✓ Fill tubes in the correct order.
- ✓ Gently invert tubes to mix.
- ✓ Apply pressure & bandage the site. 



SPECIMEN COLLECTION REMINDERS

- ♥ Label tubes at the bedside.
- ♥ Do NOT remove labels or add anything to the tubes.
- ♥ Check for clots & hemolysis.
- ♥ Store specimens at the correct temperature.
- ♥ Transport specimens promptly.
- ♥ Know the minimum fill requirements.

Quality specimen = Accurate results 



EMERGENCIES TO REMEMBER

- ♥ **Syncope (Fainting)**
 - Stop draw.
 - Remove needle.
 - Lower head / raise legs.
- ♥ **Hematoma**
 - Stop draw.
 - Apply pressure.
 - Ice if needed.
- ♥ **Nerve Injury**
 - Sharp pain = STOP immediately.
 - Remove needle.
 - Report.
- ♥ **Shock**
 - Call for help.
 - Lay patient flat.
 - Elevate legs.

Stay calm. Patient safety comes first! 



NHA EXAM QUICK HITS

- ✓ Always use 2 patient identifiers (name + DOB).
- ✓ Tourniquet = NO longer than 1 minute.
- ✓ Cleanse site → let air dry (don't blow or wipe).
- ✓ Never draw above an active IV.
- ✓ First tube for coagulation = discard tube (if using butterfly).
- ✓ Hemolysis = #1 reason for specimen rejection.
- ✓ Always label tubes in front of patient at bedside.



HEMOLYSIS CAUSES

- Using too small needle
- Pulling syringe too fast
- Shaking tubes (NEVER shake)
- Not letting alcohol dry
- Forcing blood into tube



COMMON MISTAKES

- ✗ Wrong order of draw
- ✗ Not verifying patient ID
- ✗ Shaking tubes
- ✗ Drawing above IV
- ✗ Leaving tourniquet too long
- ✗ Not letting alcohol dry
- ✗ Probing or moving needle around
- ✗ Incorrect tube fill




INVERSIONS QUICK GUIDE

	Blood Cultures	8-10
	Light Blue (Sodium Citrate)	3-4
	Red (Plain)	0-5
	Gold (SST)	5
	Green (Heparin)	8-10
	Lavender (EDTA)	8-10
	Pink (EDTA)	8-10
	Gray (Sodium Fluoride)	8-10

Invert gently – do not shake!



PHLEBOTOMY KEY TERMS

- Antiseptic** – Substance used to destroy germs.
- Aseptic** – Free from disease-causing germs.
- Centrifuge** – Machine used to separate components of blood.
- Hemolysis** – Rupture of red blood cells.
- Hematology** – The study of blood.
- Serum** – The liquid portion of blood without clotting factors.
- Plasma** – The liquid portion of blood with clotting factors.
- Capillary Puncture** – Puncture of a small blood vessel.
- Venipuncture** – Puncture of a vein to collect blood. 

YOU'VE GOT THIS!

Study. Practice. Believe. 

SUCCESS IS PREPARATION + OPPORTUNITY!

KEEP LEARNING.
KEEP GROWING.
KEEP MAKING A DIFFERENCE.