Key Steps — Taking a blood draw (venipuncture)

The key steps for this skill, in the order they are demonstrated in the video. Part of our IV Therapy & Vascular Access skills collection.

- ☐ 1. Check the request form, confirm the patient's identity, and check for allergies (including latex and antiseptics).
- ☐ 2. Gather the tubes in the correct order of draw, needle and holder, tourniquet, antiseptic and gauze.
- ☐ 3. Perform hand hygiene and put on gloves.
- ☐ 4. Apply the tourniquet and ask the patient to clench their fist; select a vein by sight and touch — the antecubital fossa is the usual first choice.
- ☐ 5. Cleanse the site with antiseptic and let it dry completely; do not touch the site again.
- ☐ 6. Anchor the vein with gentle traction below the site and insert the needle smoothly.
- ☐ 7. Fill each tube in turn, inverting additive tubes gently as directed, and release the tourniquet once blood is flowing or before the final tube fills.
- ☐ 8. Withdraw the needle, activate its safety device, and press on the site with gauze until bleeding stops.
- ☐ 9. Label the tubes at the bedside, check the patient is comfortable, and dispose of sharps immediately.
- ☐ 10. Send the samples with the request form and document the draw.

Watch the demonstration: medicalvideos.com/watch/blood-draw_tZPEMKeXbufDeLBAghoH.html • More IV Therapy & Vascular Access skills: medicalvideos.com/nursing/iv-therapy.html
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Steps summarise this demonstration for education and do not replace your institution's protocol, which always governs. Content reviewed by Dr. Mohamed Ibrahim, MD, PhD — physician-scientist. October 2026.