

DO NOT ASK ME TO PUMP MY FIST



Avoid:

- Repeated fist pumping during blood collection
- Keeping the fist tightly closed for a long time





- ✓ A relaxed hand is preferred.
- ✓ A gentle, single clench before needle insertion may sometimes be used.

Reason: Fist pumping or prolonged clenching can falsely raise potassium levels.