

**R. Moulton-Barrett,MD**  
**3-29-29012**  
**STANDARDIZED PROCEDURE**  
**TRAPPED BLOOD**

I. Policy:

- A. Function: Drainage of trapped blood by intradermal injection using Xylocaine with sodium bicarbonate or sodium chloride.
- B. Circumstances under which the Registered Nurse/Licensed Vocational Nurse will perform this function:
1. Locations: Office of Rex Moulton-Barrett, M.D.  
Alameda Hospital  
2070 Clinton Avenue, Fourth Floor  
Alameda, California 94501  
  
Office of Rex Moulton-Barrett, M.D.  
1280 Central Boulevard, Suite J5  
Brentwood, California 94513
  2. Supervision: Direct supervision not required. All procedures and patient care plans will be discussed with Dr. Moulton-Barrett. Written orders will be given by M.D.
  - 3.: Patient Outcome:
    - Drainage of trapped blood relieves patient's discomfort and speeds up recovery time.
    - Patient will be made aware that trapped blood will be done between one to four weeks after having had treatment.
    - Several trapped blood sessions may be required depending on the size of the vein(s) treated.

II. Protocol:

- A. Equipment:
- 4 x 4 gauze soaked in isopropyl alcohol 70%
  - Xylocaine 0.5% and sodium bicarbonate 8.4% in a mixture formulation of 5 cc of 8.4% sodium bicarbonate into a 50-cc vial of Xylocaine 5%
  - Sodium chloride 0.9%, used in case of a Xylocaine allergy
  - 18-gauge needle
  - Cotton balls
  - C-R tapes
  - Protective eyewear, clothing, and gloves
  - 4 x 4 dry gauze

B. Procedure:

1. Cleanse legs with a 4 x 4 gauze soaked with isopropyl alcohol 70%.
2. Proceed with intradermal injections of Xylocaine with sodium bicarbonate or normal saline at the area(s) to be drained.
3. Puncture anesthetized area(s) with an 18-gauge needle to evacuate trapped blood.
4. Squeeze out the trapped blood by using the milking technique and absorbing the blood with a 4 x 4 gauze.
5. Protective equipment is required, i.e., gloves, protective eyewear, long-sleeved lab jacket, and surgical mask (optional).
6. Apply cotton & C-R tapes over injected site(s).
7. Document procedure in patient's chart (use stamp).

Nursing Notes

| 0.5% S.T.D. x \_\_\_\_\_ cc | L | R per M.D.  
| 0.16% S.T.D. x \_\_\_\_\_ cc | L | R per M.D.  
| 0.5% B Xylocaine x \_\_\_\_\_ cc | L | R per M.D.  
| Trapped blood aspirated & irrigated | L | R  
| Compression stocking | L | R  
| C-R tapes | L | R applied over injection site(s)  
| French tapes | L | R applied over injection site(s)  
| Written home instructions given  
| Verbal home instructions reviewed  
| Patient states understanding

R.N./M.A. \_\_\_\_\_

III. Requirements to Perform Trapped Blood:

- A. Education: Licensed R.N.
- B. Initial Evaluation: Successful completion & certification of in-service training
- C. Continued Evaluation:
  1. Quarterly random quality assurance review of charts
  2. Visits by M.D. during treatment sessions
  3. Annual performance evaluation by Dr. Moulton-Barrett

IV. Development and Approval of Standardized Procedure:

- A. The standardized procedure was developed by Dr Isaacs, Walnut Creek
- B. Rex Moulton-Barrett, M.D., is the personnel authorized to approve the standardized procedure.

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Rex Moulton-Barrett, M.D.

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Date