Determining the Minimum Discard Volume for Central Venous Catheter Blood Draws

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This study aimed to determine the minimum discard volume from central venous catheters (CVCs) to avoid dilution or contamination from flush or IV fluids. In 93 adult patients with CVCs, minimum discard volume findings were 9 ml for tunneled and 6 ml for nontunneled catheters. Nurses who obtain samples from CVCs are uniquely positioned to minimize blood loss from sampling.

The six studies of discard method in adults reported in the literature had small sample sizes (4–30 patients) and varied in methodology, including use of 0.9% saline flush; volume of flush (2.5–10 ml); and discard volumes of 3–6 ml for complete blood counts and electrolytes, 3–5 ml for drug levels, and 10–25 ml for coagulation tests (Almandrones et al., 1987; Franson et al., 1987; Holmes, 1998; Mayo et al., 1996; Odum & Drench, 2002; Wannimolruk & Murphy, 1991). Only one study tested discard method in all three types of CVCs (implanted ports, tunneled lines, and non-tunneled lines) (Holmes, 1998).

Most guidelines and standards for discard volume from CVC blood draws recommend a flush of CVCs prior to laboratory specimen collection. The discard volume recommendations vary by (a) the dwell volume multiplied by a