

Responsible Disposal of Lancets



Lancets are used for getting a blood sample to determine phenylalanine levels. But what do you do with the lancets when you are done?

This fact sheet provides home disposal guidelines for lancets. Follow these three steps to create a proper “sharps” disposal system in your home. Although you can place used lancets into the household trash bag, this is NOT the safest option for our community. Loose lancets can injure family members or workers who collect your trash.

Step #1

- Make your own “sharps” container from a strong, empty, plastic or metal container with a tight lid. The container must be strong to prevent the sharp points from hurting anyone.
- Large plastic vitamin or aspirin bottles, yogurt cups, or small milk jugs make excellent sharps containers. Be creative and use what you have available.
- Don’t use glass containers because they can break.
- Label your container “*used lancets*” and store it with all of your other blood testing supplies, but away from small children and pets.

Step #2

- After you have drawn the blood and filled the blood spots on the filter paper, put the lancet into your plastic or metal container and screw on the cap tightly.
- Do not try to bend or break the lancet...you could get poked again!



Step #3

- When the container is full and tightly sealed, throw it out in the regular trash.

Home disposal of used blood lancets is quick and easy. Follow these simple steps to protect your family, waste handlers, and the environment. *We want to prevent hurting or poking anyone with the used lancets.*

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