

**START
HERE!**

B¹⁰

Instructions for use.
Sampling kit 2 x 10µl.

For research use only, not for
use in diagnostic procedures.

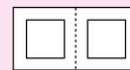
 **Capitainer®**

INCLUDED IN THE SAMPLING KIT.

Single use products.



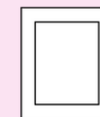
(a)
Capitainer® B
sampling card



(b)
Disinfectant
pad (x2)



(c)
Disposable
lancet (x2)



(d)
Non-adhesive
pad



(e)
Plaster (x2)



(f)
Capitainer®
drying pouch

Additional items you will need:

- A sample ID provided by your kit provider
- Instructions for how to return your sample to the laboratory

01

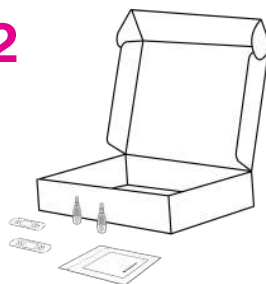
PREPARE

1



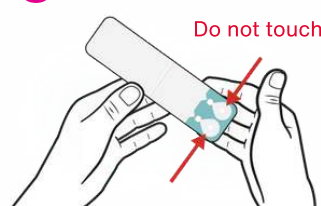
- Read entire instruction before you start
- Scan QR code or enter <https://capitainerb10.com/how-to-use> to access the video instructions

2



- Choose a place where you can stand comfortably – preferably a dining table. If you prefer to sit, a coffee table works well
- Place all material on table
- Open all packages

3



- Open lid of sampling card (a)
- Place card on table
- Do not touch sample wells on card
- Choose a hand to sample from

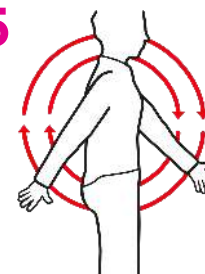
4




- Warm your hand for 2-3 mins using a method of choice
- Wash hands with soap and warm water. Dry fully with a clean towel


 **Cold hands cause unsuccessful sampling!**

5



- Swing your arms to increase blood circulation
- During sampling, keep hand positioned below your elbow

 Continue on page two

 **Warm hands are critical for successful sampling.**

You can for example:

- Take a shower
- Exercise
- Hold a cup with hot drink for 1-2 mins
- Soak your hand in warm water

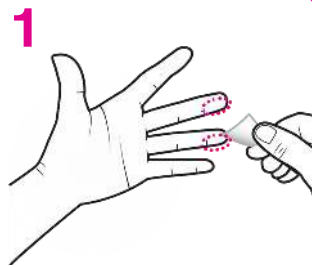
02

SAMPLE

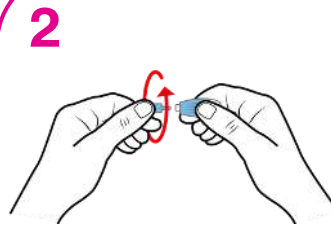


Warnings and cautions

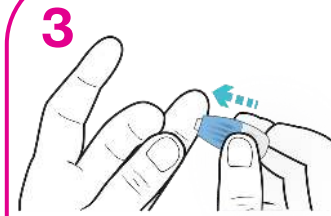
- Do not touch the sample inlets before sampling
- Use the card within 30 mins of opening the package
- Do not bend or twist the card



- Choose a finger to prick: middle or ring finger
- Disinfect with disinfectant pad (b) and allow to dry for 15 seconds

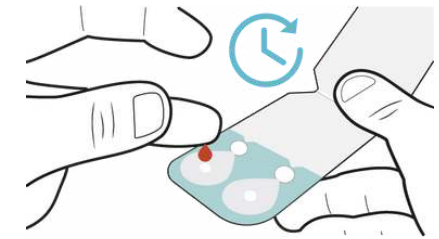


- Twist off and discard lancet (c) cap. DO NOT PULL
- Gently press your thumb against chosen fingertip to fill it with blood



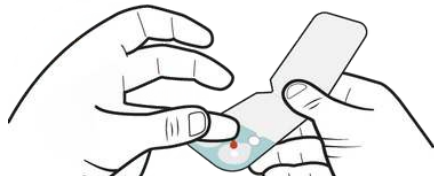
- Place lancet (c) against side of fingertip and press firmly
- Lancet (c) activates automatically and retracts into device

4 ⚠ Important step, read carefully!



- Release pressure on fingertip and wait for the blood to appear
 - Wipe off first drop with the non-adhesive pad (d)
 - Let a new large drop of blood form by itself (wait for the drop to almost fall off by its own weight)
 - Apply it to one of the sample wells
- ⚠ Apply only one drop. More drops may result in an incorrect sample.

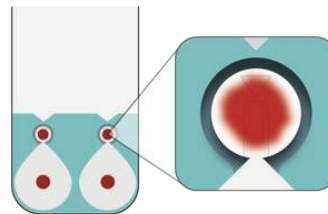
5 ⚠ Important step, read carefully!



- Let a new large drop of blood form by itself (wait for the drop to almost fall off by its own weight)
- Apply it to the **second** sample well

⚠ Apply only one drop. More drops may result in an incorrect sample.

6



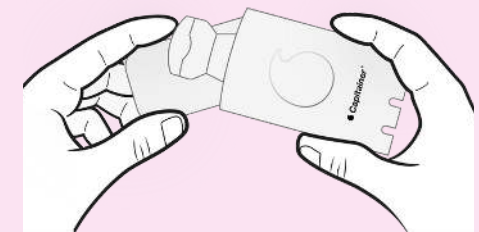
- Stop bleeding with non-adhesive pad (d)
- Apply plaster (e)
- Check for sampling success: upon successful sampling, the control windows should be showing red as shown in picture

03

PACK & RETURN

All used materials such as cards, lancets, gauzes, swabs with blood residues must be handled and disposed of safely and in accordance with local regulations.

1



- Label your sampling card
- Place sampling card with lid closed in drying pouch (f)
- Return sample as directed by your test provider