

START
HERE!

SEP¹⁰

Instructions for use. Sampling kit 2 x 10µl.

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

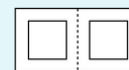
 Capitainer®

INCLUDED IN THE SAMPLING KIT.

Single use products.



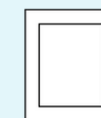
(a)
Capitainer® SEP
10 sampling card



(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 1-2 cm high box to use as a stand when performing the sampling
- A sample ID provided by your kit provider
- Instructions for how to return your sample to the laboratory

01

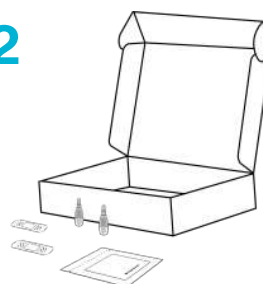
PREPARE

1



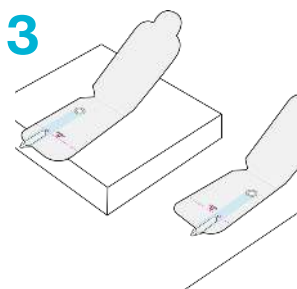
- Read entire instruction before you start
- Scan QR code or enter <https://capitainersep10.com/how-to-use> to access the video instructions

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 lids of sampling cards (a)
- Place one card on top of box with sample inlet tips protruding over edge as shown
- Leave second card nearby
- Do not touch sample wells on card

4




- Choose a hand to sample from and warm 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:

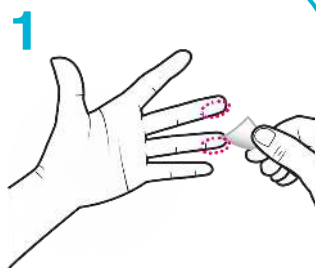
- Take a shower
- Exercise
- Hold a cup with hot drink for 1-2 mins
- Soak your hand in warm water

02

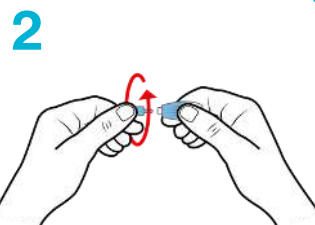
SAMPLE

Warnings and cautions

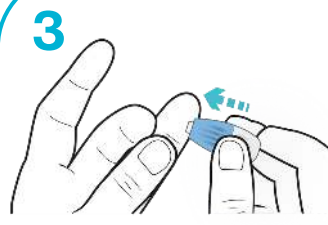
- Do not touch the sample inlets before sampling
- Use the card within 30 mins of opening the package
- Do not bend or twist the card



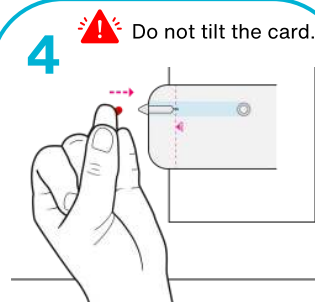
- Choose a finger to prick: middle or ring finger
- Disinfect with disinfectant pad (b) and allow to dry for 15 seconds



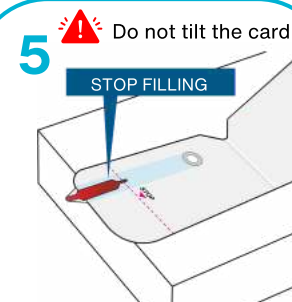
- Twist off and discard lancet (c) cap. DO NOT PULL
- Gently press your thumb against chosen fingertip to fill it with blood



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

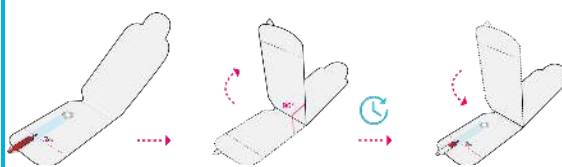


- Release pressure on fingertip and wait for blood to appear
- Wipe off first drop with non-adhesive pad (d)
- Let a new large drop of blood form
- Approach inlet from the side and touch it with the blood drop



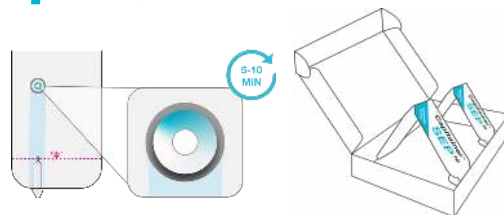
- Make sure blood enters into channel and not on top of it
- **Add** blood **until** it reaches stop line
- Remove finger from inlet and stop filling
- Do **not** reapply more blood. It may result in an incorrect sample

6 ⚠ Important step, read carefully!



- When sampling is complete: tilt card at 90° angle with inlets facing up for two seconds and put it back flat again
- Exchange cards - Place second card on box and repeat steps 5-6
- Never touch, press or write on the card during or after use; this can ruin your sample

7



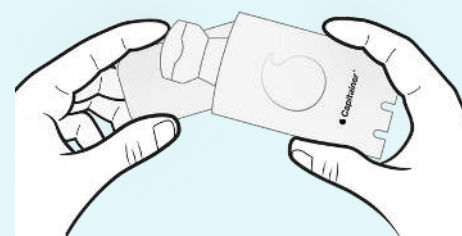
- Stop bleeding with non-adhesive pad (d)
- Apply plaster (e)
- Keep both cards under observation
- The appearance of a blue color in control window after approx 5-10 mins indicates sampling is successful. After color change: place card immediately with inlets facing down at a 90-45° angle for at least three hours. Illustrated is a suggested solution using a box

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