

Your logo/picture

INCLUDED IN THE SAMPLING KIT.

Single use products.



(a)
Capitainer® B10
sampling card



(b)
Disinfectant
pad (x2)



(c)
Disposable
lancet (x2)



(d)
Non-adhesive
pad



(e)
Plaster (x2)



(f)
Capitainer®
drying pouch

Insert images of additional items here. Such as Sample ID and return envelope

01

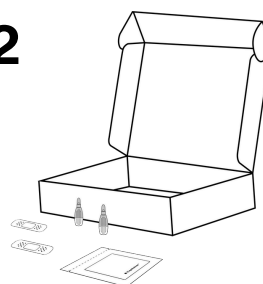
PREPARE

1



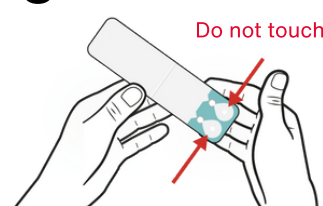
- Read entire instruction before you start
- Scan QR code or enter <https://capitainerb10.com/how-to-use> to access the video instructions

2



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

3



- Open lid of sampling card (a)
- Fold protective tab back and secure it in the slit on backside of card to create a stand
- Place card on table so inlets are elevated
- Choose a hand to sample from

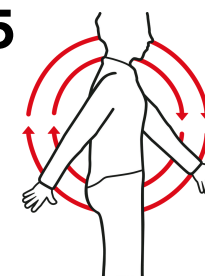
4



- 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 hot drink for 1-2 mins
- Soak your hand in warm water

02

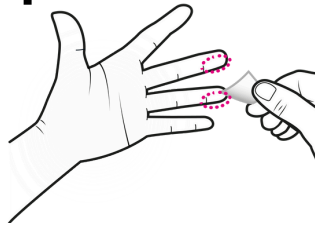
SAMPLE



Warnings and cautions

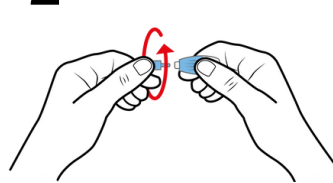
- Do not touch the sample inlets before sampling
- Use the card within 30 minutes of opening the package
- Do not bend or twist the card

1



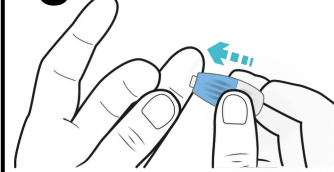
- Choose a finger to prick: middle or ring finger
- Disinfect it with disinfectant pad (b) and allow to dry for 15 seconds

2



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

3

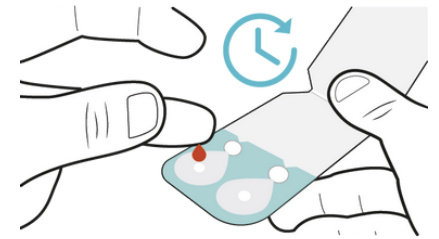


- Place lancet (c) against side of fingertip and press firmly
- Lancet (c) activates automatically and retracts into the device

4



Important step, read carefully!



- Release pressure on fingertip and wait for 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

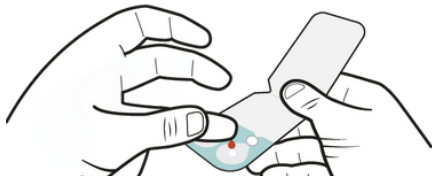


Apply only one drop. More drops may result in an incorrect sample.

5



Important step, read carefully!

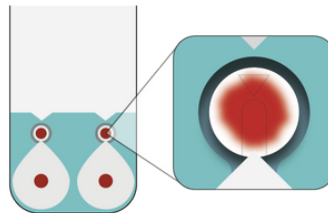


- Let a new large drop of blood form by itself (wait for the drop to almost fall off by its own weight)
- Apply it to the **second** sample well



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

6



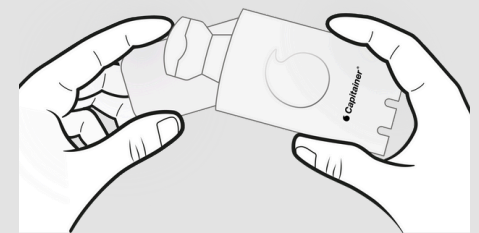
- Stop bleeding with non-adhesive pad (d)
- Apply plaster (e)
- Check for sampling success: upon successful sampling, the control windows should be showing red as shown in picture

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



- Your instruction on how to label the sampling card
- Place sampling card with lid closed in drying pouch (f)
- Insert your instruction for return here