

Your logo/picture

01 PREPARE



Warm hands are critical for successful sampling.

You can for example:

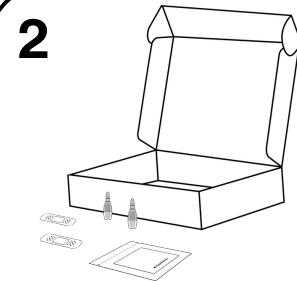
- Take a shower
- Exercise
- Hold a hot drink for 1-2 mins
- Soak your hand in warm water

1



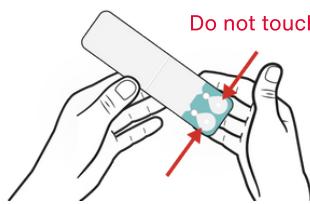
- Read entire instruction before you start
- Scan QR code or enter <https://capitainerb10.com/how-to-use> to access the video instructions

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



Do not touch

- 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

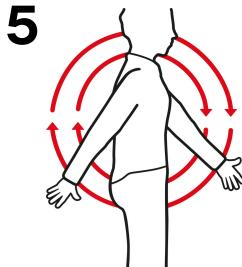
4



- 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

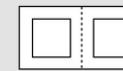
→ Continue on page two

INCLUDED IN THE SAMPLING KIT.

Single use products.



(a)
Capitainer®B10
sampling card



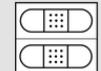
(b)
Disinfectant
pad (x2)



(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

02

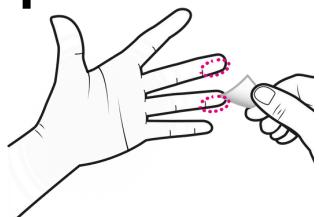
SAMPLE



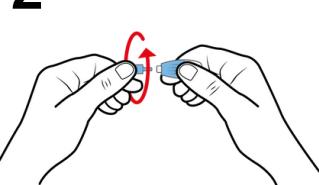
Warnings and cautions

- 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

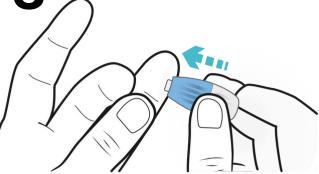
1



2



3

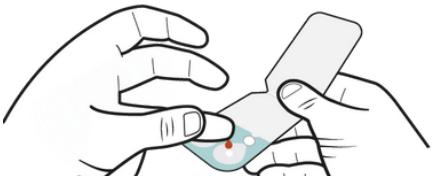


4



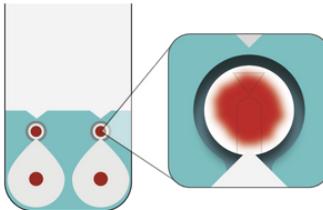
5

⚠ 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

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

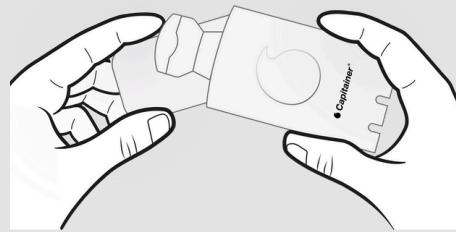
⚠ Apply only one drop. More drops may result in an incorrect sample.

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