

START
HERE

Capitainer® B10 Vanadate

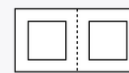
Instructions For Use
Blood Collection Kit

INCLUDED IN THE SAMPLING KIT.

For single use only.



(a)
Capitainer® B10V
sampling card



(b)
Disinfectant
pad (x2)



(c)
Disposable
lancet (x2)



(d)
Gauze Pad



(e)
Bandage (x2)



(f)
Capitainer®
drying pouch

You will also need:

- A sample ID from your kit provider
- Instructions for how to send your sample to the laboratory



Sample ID

01 PREPARE

02 COLLECT

03 PACK & RETURN

01 PREPARE

Warnings and cautions

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

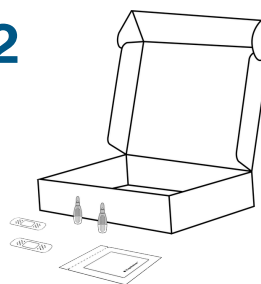
1



Read first

- Read all instructions before you start.
- Scan the QR code to watch the video.

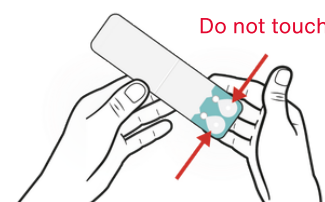
2



Prepare material

- Stand or sit at a table.
- Place all items on the table.
- Open the sampling card (a), gauze pad (d), and bandage packages (e).

3



Prepare card

- Open the lid of the sampling card (a).
- Do not touch the sample wells.
- Place the card on the table.

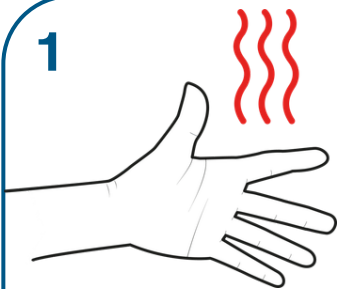
02 COLLECT

Warm hands are important
for good blood flow.

You can:

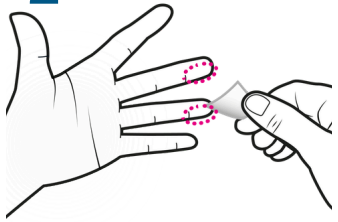
- Exercise
- Hold a warm cup
- Put your hand in warm water

1

**Warm your hands**

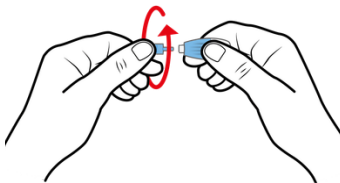
- Warm your hand for 2–3 minutes.
- Wash your hands with soap and **warm** water.
- Dry your hands with a clean towel.

2

**Prepare finger**

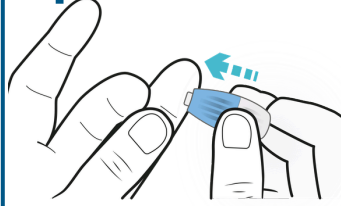
- Choose a middle or ring finger.
- Clean the finger with disinfectant pad (b).
- Let the finger dry for 15 seconds.

3

**Prepare lancet**

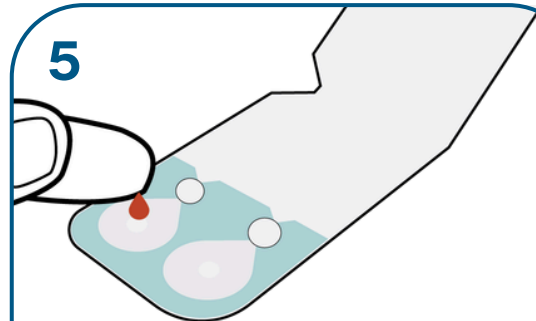
- Twist off the lancet cap (c) (do not pull).

4

**Prick the finger**

- Press your thumb against the fingertip.
- Place the lancet (c) on the side of the fingertip.
- Press firmly to activate the lancet.

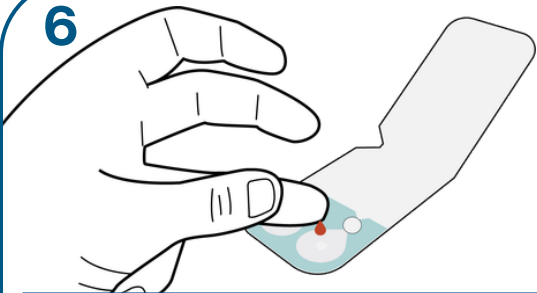
5

**Fill one sample well**

- Release thumb pressure and wipe away the first blood drop with the gauze pad (d).
- Let a new, **large** blood drop form.
-  Drop too small = failed sampling.
- Place the **large** blood drop on a sample well.
- Use only one drop. More drops may give an incorrect sample.

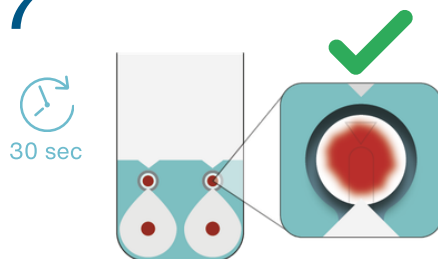
03 PACK & RETURN

6

**Fill the other sample well**

- Let a new, **large** drop of blood form.
- Place the **large** blood drop on the other sample well.
- Stop the bleeding with the gauze pad (d).
- Apply the bandage (e).

7

**Check the control windows**

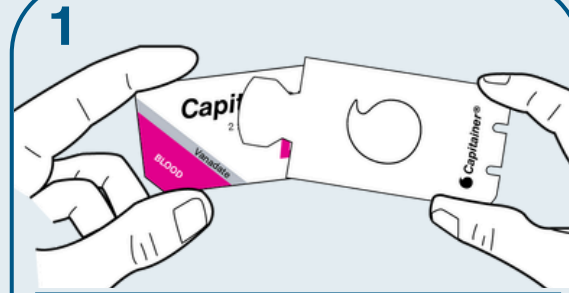
- After about 30 seconds, check that the sample was collected successfully. The control windows should show a red color.

03

PACK & RETURN

Throw away all used materials.

1

**Finish**

- Label your sampling card (a).
- Close the lid and place the sampling card in the drying pouch (f).
- Close the flap.
- Return your sample as instructed by your test provider.