

START  
HERE

# Capitainer® B10

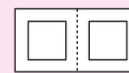
Instructions For Use  
Blood Collection Kit

## INCLUDED IN THE SAMPLING KIT.

For single use only.



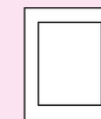
(a)  
Capitainer® B10  
sampling card



(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.

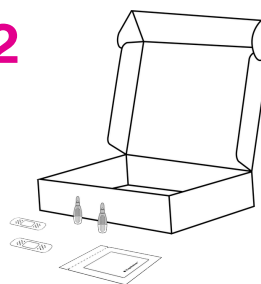
1



### Read first

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

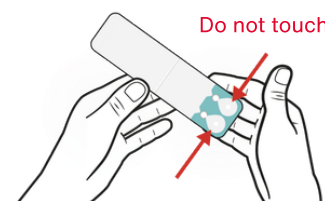
2



### 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

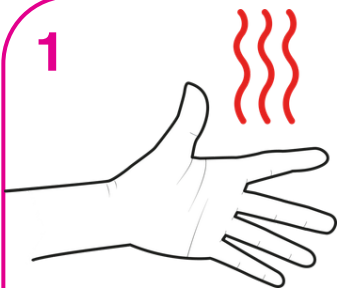
## COLLECT

**Warm hands are important for good blood flow.**

### You can:

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

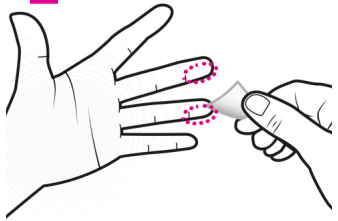
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### Warm your hands

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

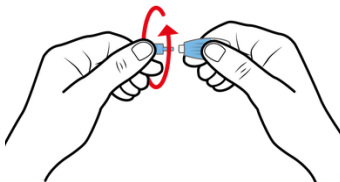
2



### Prepare finger

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

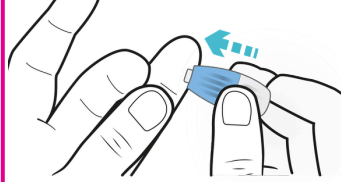
3



### Prepare lancet

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

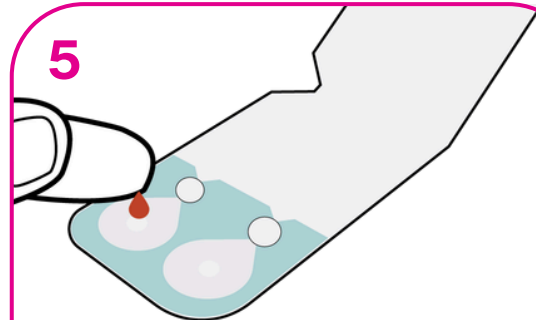
4



### 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

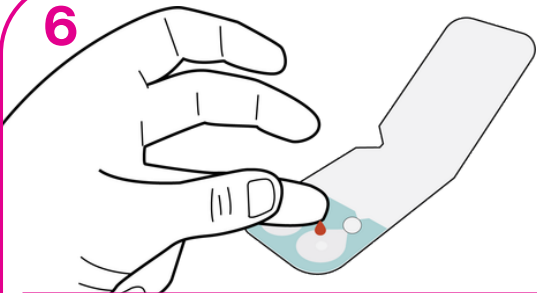


### Fill one sample well

- 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

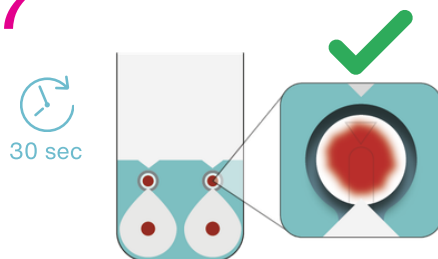
6



### 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

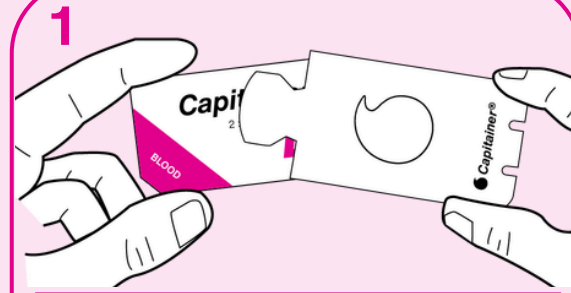
- After about 30 seconds, check that the sample was collected successfully. The control windows should show a red color.

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.