

START HERE

Capitainer®SEP¹⁰

Instructions For Use
Blood Collection Kit

INCLUDED IN THE SAMPLING KIT.

For single use only.



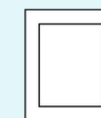
(a)
Capitainer®SEP
10 sampling card



(b)
Disinfectant
pad (x2)



(c)
Disposable
lancet (x2)



(d)
Gauze pad



(e)
Bandage (x2)



(f)
Capitainer®
drying pouch

You will also need:

- A 1–2 cm high box to use as a stand during sampling
- 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

- Use the card within 30 minutes of opening.
- Do not bend or twist the card.
- Leave the card on the table while sampling;
Do not hold it.

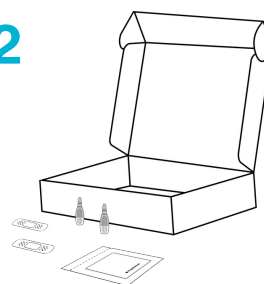
1



Read first

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

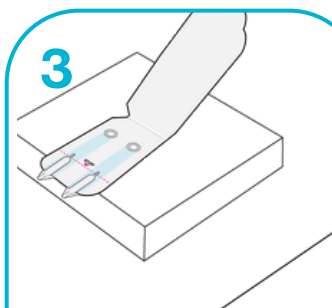
2



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 channels.
- Place the card on top of the box, with the channels over the edge.

02

COLLECT

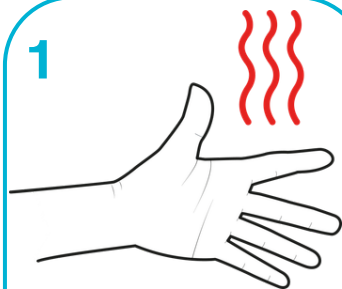


Warm hands are important for good blood flow.

You can:

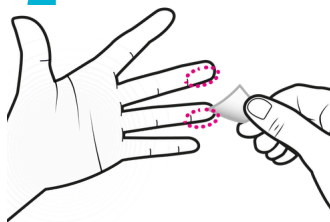
- Exercise
- Hold a warm cup
- Put your hand in warm water

1

**Warm your hands**

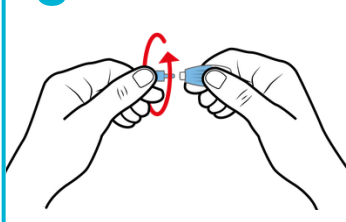
- Warm your hand for 2–3 minutes.
- Wash your hands with soap and **warm** water.
- Dry your hands with a clean towel.

2

**Prepare finger**

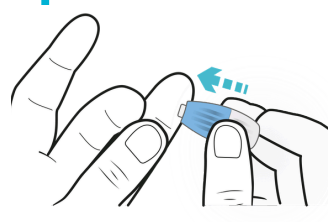
- Choose a middle or ring finger.
- Clean the finger with disinfectant pad (b).
- Let the finger dry for 15 seconds.

3

**Prepare lancet**

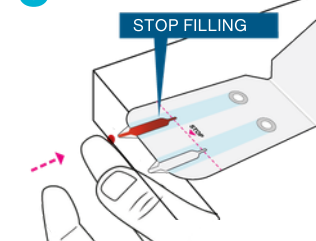
- Twist off the lancet cap (c) (do not pull).

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 channel**

- Release thumb pressure and wipe away the first blood drop with the gauze pad (d).
- Let a new **large** blood drop form.
- Place the large blood drop at the side of the channel, not on top of it.
- Fill to the stop line.

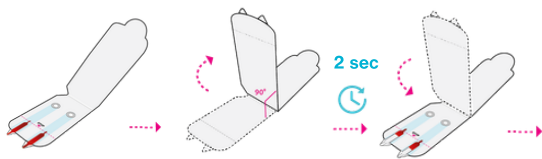
6

**Fill the other channel**

- Fill the other channel to the stop line with the same finger if it is still bleeding. If not, do a second fingerstick on another finger starting with Step 1.
- Do not add more blood after the channel is full.

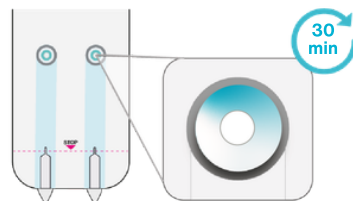
03 PACK & RETURN

7

**Tilt the card**

- When sampling is complete, tilt the card to a 90° angle with the channels facing up for 2 seconds.

8

**Check the control windows**

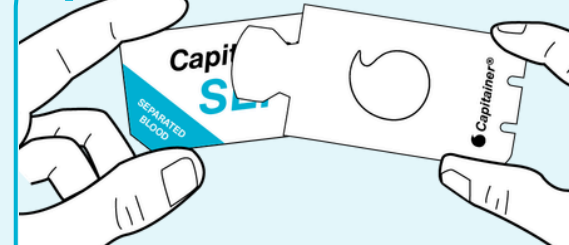
- Leave the card flat for 30 minutes.
- Stop the bleeding with gauze pad (d).
- Apply the bandage (e).
- After 30 minutes, check that both channels are empty and the control windows are slightly blue.

03

PACK & RETURN

Throw away all used materials.

1

**Finish**

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