

# Instruction for self-sampling



# Capitainer qDBS

**Please read through the instructions in full before starting.**

We recommend you watch our demo video before you begin the sampling.  
Scan the QR code below with your mobile phone camera \* or watch the video on our website.

<https://capitainer.se/how-to-use/>

\* or camera on any other device



1

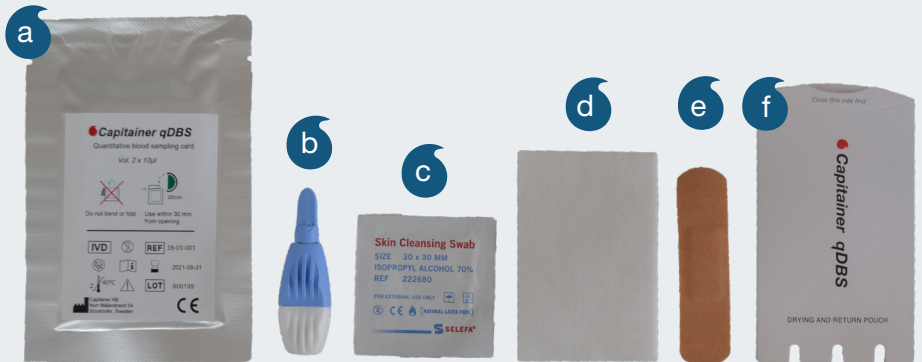
Choose a clean and flat surface to perform your sampling.

Prepare all items needed for the sampling.

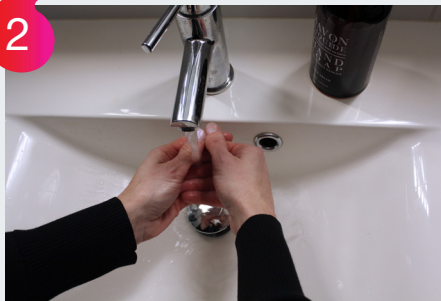
Lay everything out in the order they will be used.

- (a) Capitainer qDBS sampling card
- (b) Single use lancet
- (c) Alcohol swab
- (d) Gauze pad
- (e) Plaster
- (f) Return pouch

Also have your sample ID/barcode and return envelope close to hand.



2



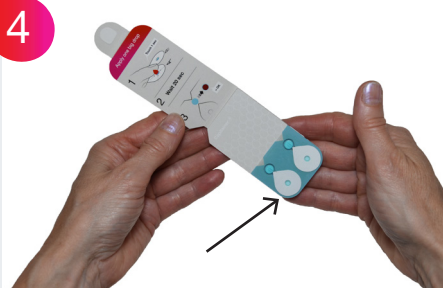
Wash your hands with soap and warm water.  
A warm clean hand greatly improves blood flow, for optimal sampling.

3



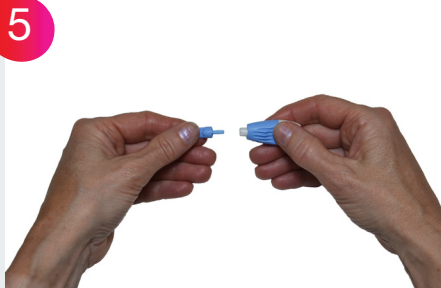
Open and remove the sampling card (a).  
Discard the outer packaging.

4



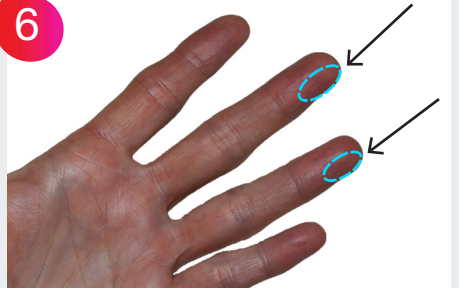
Open the card and put it on the surface. Do not touch the sample wells on the card.

5



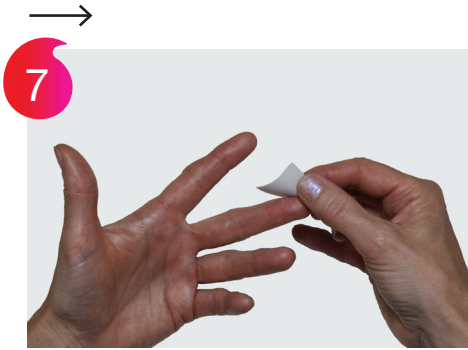
Prepare the lancet (b) by removing the cap of the lancet by twisting. The needle is not visible but will appear when pressured towards the finger.

6

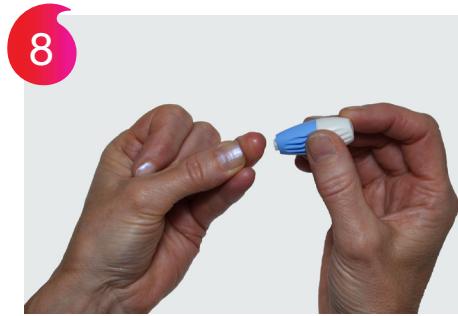


Choose a finger to puncture, the middle or the ring finger.





Disinfect the chosen finger with the alcohol swab (c).



Let your finger air-dry for a few seconds and then hold your hand down. Squeeze gently with your thumb to fill your fingertip with blood.



Puncture one side of your fingertip by firm pressure with the lancet.



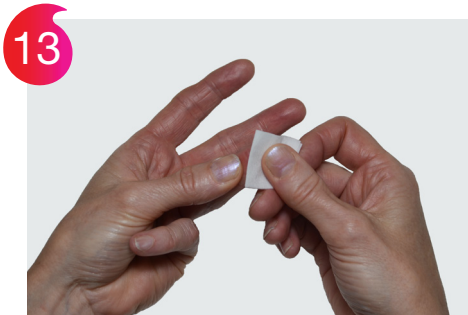
Release the pressure on your fingertip and wait a few seconds before the blood arrives. Wipe away the first drop of blood with the gauze pad (d).



Let your hand hang freely until a new blood drop is formed. Apply the blood drop to one of the sample wells.



Wait until a new blood drop is formed and apply the blood drop to the other sample well.



Wipe away the blood with the gauze pad and press on your finger to stop the bleeding. Apply a plaster (e).



Confirm the blood sampling. Successful: two red colored circles. Unsuccessful: no blood or only a small amount\*



When successful sampling, close the card and attach the sample ID/ barcode label on the back. Place the sampling card in the return pouch (f), close it and send by regular mail in the postage-paid return envelope. \*\*

\* Unsuccessful sample result i.e. if nothing or only one circle was partly refilled contact your healthcare provider.

\*\* Remaining/used sampling material can be thrown in the household waste.