

Instructions for self sampling

Please read through all the instructions before starting!

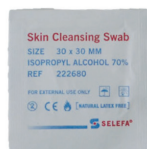
We also recommend watching our demo video before you start sampling. Scan the QR code by pointing your phone's camera (or the camera on your tablet or desktop) at the QR code or go to capitainer.se/how-to-use/ to watch the video.



(a) Capitainer qDBS sampling card



(b) Lancet



(c) Alcohol swab



(d) Gauze



(e) Plaster



(f) Return pouch

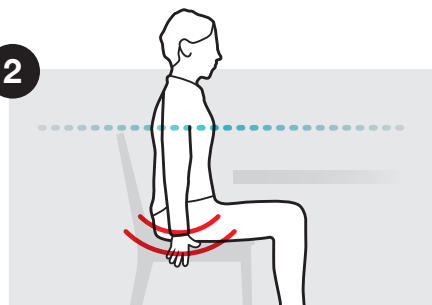
Place all the material in the order in which it will be used.
Prepare your sample ID/reference and the return envelope

1



Wash your hands with soap and warm water. A clean and **warm** hand is important for easy sampling

2



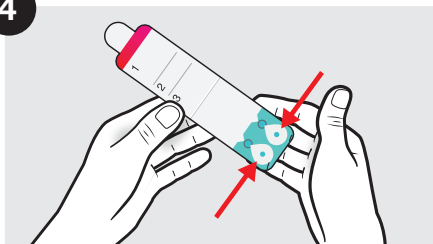
Sit down and allow your hands to hang at your sides. Shake them to increase blood circulation.
Always keep your hands below your heart

3



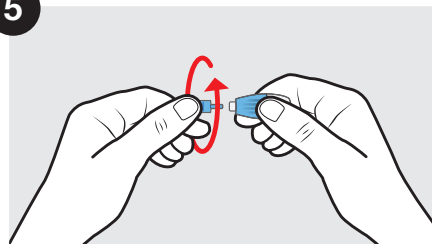
Open and remove the sampling card (a).
Discard the outer packaging

4



Open the card and place it on the table. Do not touch the sampling inlets on the card.

5

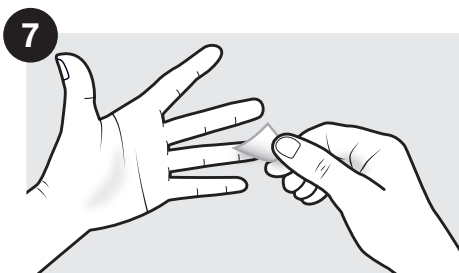


Prepare the lancet (b) by removing the cap in a twisting motion. Do not push the needle out yet.

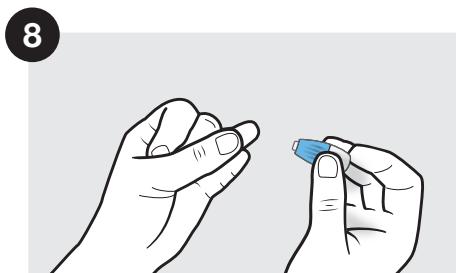
6



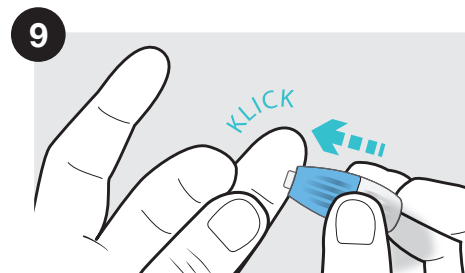
Choose a finger to prick, either the middle finger or ring finger.



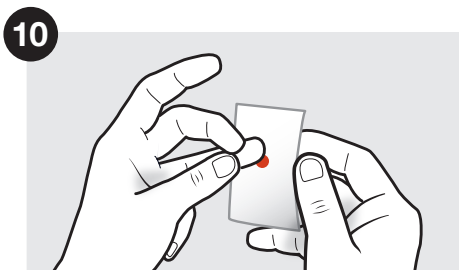
Disinfect the finger with the alcohol swab (c).



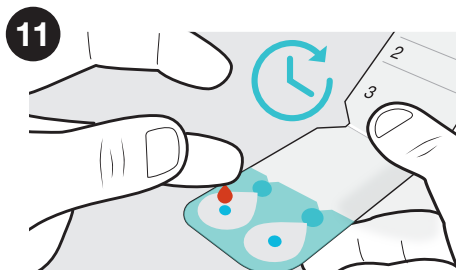
Allow the finger to air dry for a few seconds. Use your thumb to gently squeeze your fingertip so that it fills with blood.



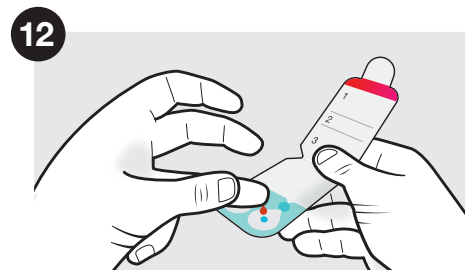
Prick the side of the fingertip by applying firm pressure to the lancet.



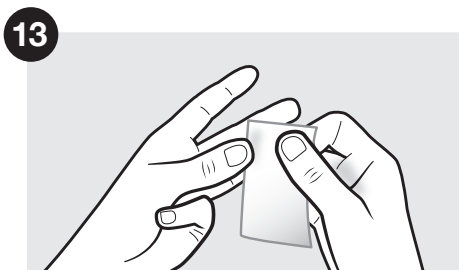
Release the pressure on the fingertip and wait a few seconds until the blood appears. Wipe away the first drop with the gauze (d).



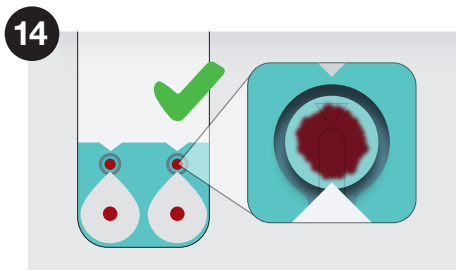
Allow the hand to hang freely until a new drop of blood forms. **Wait** until the drop is about to fall from its own weight and then apply the drop to the sampling inlet.



Wait until another new drop of blood forms and apply that drop to the other sampling inlet.



Stop the bleeding with the gauze (d). Apply the plaster (e).



Check the sampling.
Success: the inspection window is filled with blood as shown, ideally in both windows.



After sampling, close the sampling card and label the card according to the laboratory instructions. Place the sampling card in the return envelope (f), seal and send it via regular mail in the prepaid envelope.*

* Excess/used sampling material can be discarded with the household waste.



Capitainer AB, Norr Mälarstrand 54, 112 20 Stockholm, SWEDEN
info@capitainer.se
www.capitainer.se

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