

Instruction for assisted sampling

For Health Care Professionals

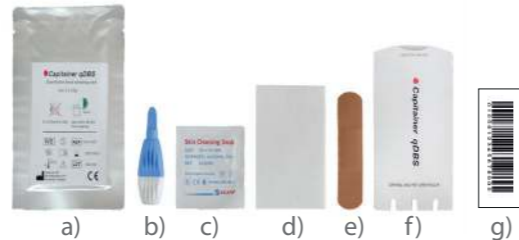
Capitainer qDBS sampling card



1

List of items needed:

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



Place all the material in the order which it will be used on a flat surface.

2



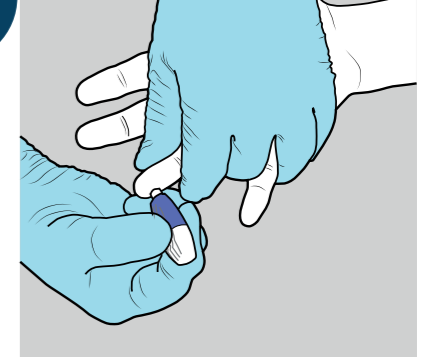
Remove the sampling card (a) from the package. Open the card and put on your table (flat surface). Do not touch the inlets to avoid contamination.

3



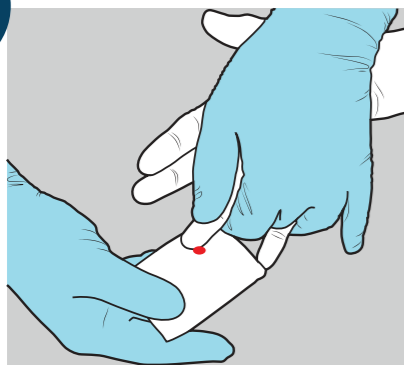
Prepare the alcohol swab (c) by removing from the packaging. Choose finger (either ring or middle finger) for blood sampling, clean with alcohol swab and allow to dry for 5 seconds.

4



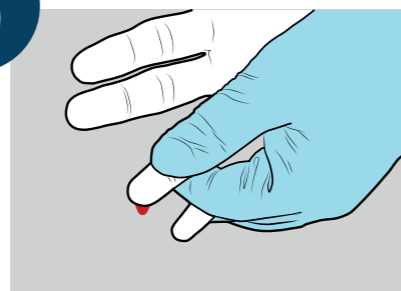
Prepare the lancet (b) by twisting the top and remove the cap. Pinch just below the tip of the finger until it becomes red, then prick with the lancet at one side of the tip.

5



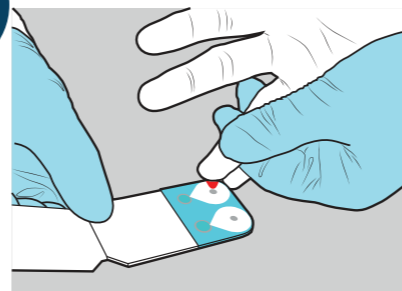
Wipe away the first drop of blood by using the gauze pad (d).

6



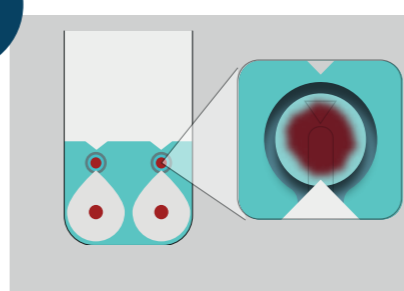
To get a big drop of blood, wait for the drop to form on its own, by using "hanging drop technique".

7



Take the sampling card and let the blood drop briefly touch the inlet in the centre of the white circular area. Wait until you obtain a new hanging blood drop and repeat the procedure for the second inlet. Wipe away remaining blood on the finger, then apply pressure to stop the bleeding. Apply only **one big drop** per inlet.

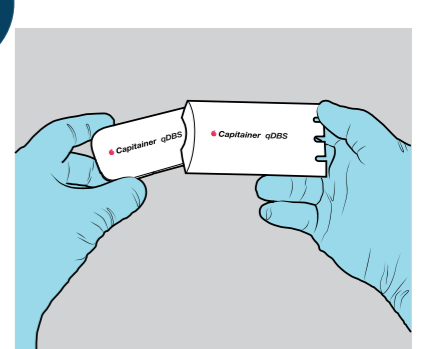
8



Check the sampling. **Success:** The sample outlet window is filled with blood as shown, ideally in both windows.

* If any concerns with the sampling; for example if neither or just one inlet takes up blood sample, please contact your healthcare provider

9



Close the sampling card and attach the sample ID/barcode (g) on the back of the card and insert the sampling card into the return pouch (f) and close. Then send the sampling card by post to the receiving laboratory as indicated.



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