

1. Take out the filter disc from the Capitainer device using the [Capitainer puncher](#) or do it manually by using a flat tipped tweezer.
2. Put the discs in the wells of a flat bottom 96-well plate [A], according to the desired plate layout including QC and blanks.
Alternatively, use a spin filter plate for higher eluate recovery [B].
3. [Optional] Rinse forceps in 70% ethanol between each removal to avoid contamination between samples.
4. Add 100-150 μ l PBS-T (PBS-Tween 0.05%) [optionally + protease inhibitor] per well to elute the blood from the filter discs
(10 μ l dried blood in 100 μ l PBS-T = dilution 1/10).
5. Incubate at RT for 1 h under gentle agitation, around 300 rpm.
6. [A] Transfer eluate into a new 96well plate.
Approximately 20 μ l of the added elution buffer will stay in the paper disc.
[B] Centrifuge down the eluate into a new 96 well plate according to the spin filter plate manufacturer's instructions.
Most of the 20 μ l in the disc will also be retrieved.
7. The eluate is now ready for manual or automated assay setup
8. Use the eluate in the downstream immunoassay application. Calculate and possibly compensate the assay setup for your dilution factor.

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