INSTRUCTION FOR HOME SAMPLING

Twist the top and remove the cap
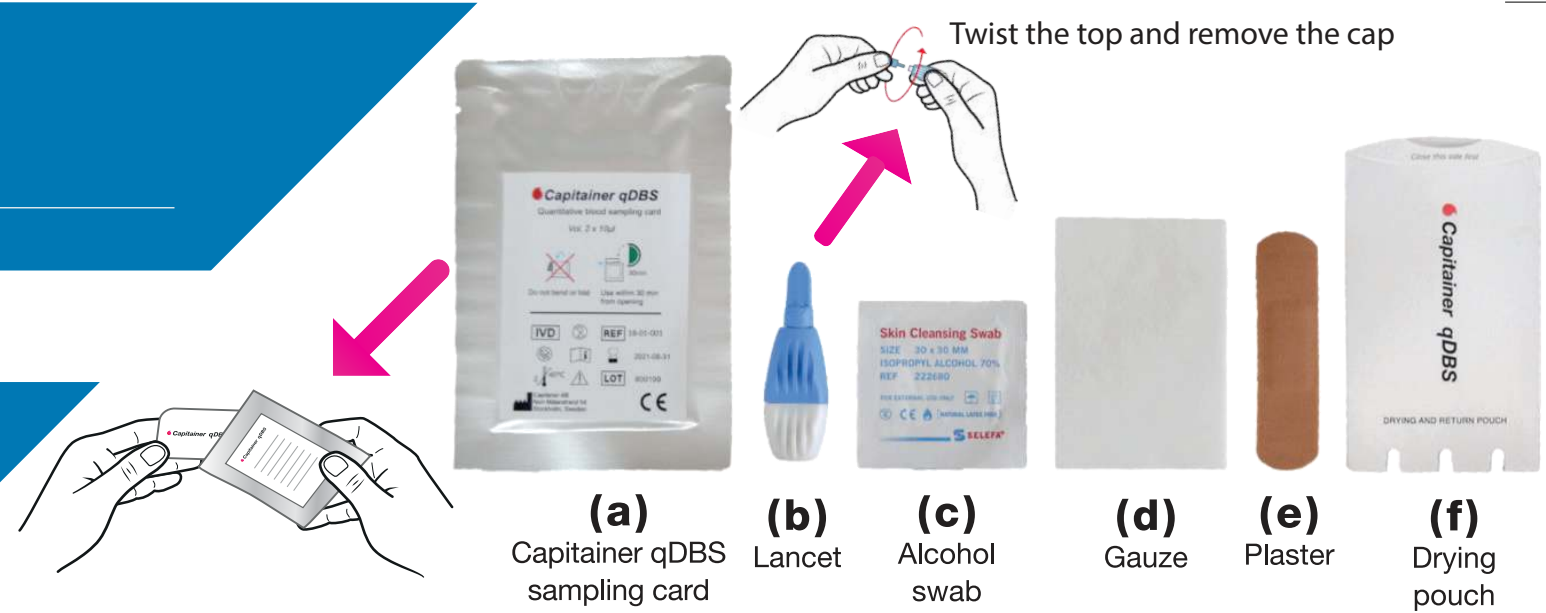
Label the sampling card with provided ID sticker!

Please read through all the instructions before starting!

Place all the material in the order which it will be used.

(a) Capitainer qDBS sampling card

(b) Lancet

(c) Alcohol swab

(d) Gauze

(e) Plaster

(f) Drying pouch

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1 — 30 sec — Wash your hand 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 side. Shake them to increase blood circulation. Always keep your hands below your heart.

3 — Open the card **(a)** and place it on the table. Do not touch the sampling inlets on the card.

4 — Choose a finger to prick, either the middle finger or ring finger, and disinfect with the alcohol swab **(c)**.

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

6 — KLICK — Prick the side of the fingertip by applying firm pressure to the lancet **(b)**.

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

8 — 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. You should only apply **one big** drop.

9 — **Wait** until a new drop of blood forms and apply that drop to the other sampling inlet. If needed, please use the spare lancet and prick your finger again. You should only apply **one big** drop.

10 — Stop the bleeding with the gauze **(d)**. Apply the provided plaster **(e)**.

11 — Check the sampling. **Success:** The sample outlet window is filled with blood as shown.

12 — After sampling close the sample card. Make sure the provided ID-sticker is attached on the sampling card. Place the sampling card in the drying pouch **(f)**, and then in the return envelope. Send it via regular mail in prepaid envelope.

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

Use QR-code for instruction videos

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