

## BLOOD COLLECTION CENTER

### PRAGUE 1

📍 **Nové Město, Spálená 78/12**  
City Polyclinic Prague  
Mon-Fri: 7:00 AM - 2:00 PM, Tel: +420 270 003 122

📍 **Nové Město, Senovážné nám. 980/22**  
Senovážné Square Polyclinic  
Mon-Fri: 7:00 AM - 12:00 PM, Tel: +420 270 003 123

📍 **Staré Město, Revoluční 765/19**  
Revoluční Polyclinic  
Mon-Fri: 7:00 AM - 2:00 PM, Tel: +420 270 003 129

### PRAGUE 3

📍 **Žižkov, Olšanská 54/3**  
Mon-Fri: 7:00 AM - 12:00 PM, Tel: +420 270 003 124

### PRAGUE 4

📍 **Braník, Jílovská 1825/14a**  
Novodvorská Medical Center  
Mon-Fri: 7:00 AM - 2:00 PM, Tel: +420 270 003 121

📍 **Podolí, Nad spádem 641/20**  
PROFEMA Medical Practice  
Tue, Thu: 7:00 AM - 11:00 AM, Tel: +420 270 003 264

### PRAGUE 5

📍 **Smíchov, Ostrovského 253/3**  
Ženské domovy complex  
Mon-Fri: 6:30 AM - 10:00 AM, Tel: +420 270 003 125

📍 **Smíchov, Jindřicha Plachty 3311/18**  
Cool Clinic (FELIX CLINICUM Medical Practice)  
Mon-Fri: 7:30 AM - 10:00 AM, Tel: +420 270 003 270

📍 **Zbraslav, Zbraslavské náměstí 458**  
HODIS s.r.o.  
Mon-Fri: 7:00 AM - 12:00 PM, Tel: +420 270 003 126

### PRAGUE 7

📍 **Holešovice, U Průhonu 800/13**  
ATODA Medical spol. s r.o.  
Mon-Fri: 7:30 AM - 11:30 AM, Tel: +420 277 003 100

### PRAGUE 8

📍 **Bohnice, Poznaňská 461/34**  
Mon-Fri: 7:30 AM - 12:00 PM, Tel: +420 270 003 130

📍 **Libeň, Zenklova 340/22**  
Palmovka Polyclinic  
Mon-Fri: 7:00 AM - 1:00 PM, Tel: +420 270 003 266

### PRAGUE 10

📍 **Hostivař, Tenisová 981/10**  
Tenisová Polyclinic  
Mon-Fri: 7:00 AM - 11:00 AM, Tel: +420 270 003 128

📍 **Háje, Kosmická 537/2**  
BENE VOBIS s.r.o.  
Tue-Fri: 7:30 AM - 10:00 AM, Tel: +420 722 406 844

### PRAGUE 21

📍 **Újezd nad Lesy, Živonínská 1630**  
Rohožník Polyclinic  
Mon-Fri: 7:00 AM - 2:00 PM, Tel: +420 270 003 265

### PRAGUE WEST

📍 **Černošice, Tábořská 2025/132**  
Mon-Fri: 6:30 AM - 1:30 PM, Tel: +420 270 003 279

📍 **Lety, Pražská 559**  
Lety Shopping Center  
Mon-Fri: 7:00 AM - 12:00 PM, Tel: +420 270 003 267

### KRUPKA

📍 **Krupka - Maršov, Karla Čapka 294**  
Mon-Fri: 7:30 AM - 11:30 AM, Tel: +420 270 005 757

## A SIMPLE WAY TO GET TESTED

- If you have a referral from your doctor or wish to pay for the test yourself, you can visit any of our collection centers during opening hours - **no appointment needed**.
- The only test that requires a prior booking is the Oral Glucose Tolerance Test (oGTT).
- You can pay on the spot by cash or card.
- Just don't forget to follow the guidance in **"Getting Ready for a Lab Test - and What Happens After"** before you arrive.

## GETTING READY FOR A LAB TEST - AND WHAT HAPPENS AFTER

### Getting Ready for a Blood Test

- Blood is usually taken on an empty stomach, so don't eat anything for at least 8-12 hours before the test.
- Avoid heavy physical activity at least 24 hours before your appointment.
- The day before the test, especially in the afternoon and evening, avoid fatty foods and alcohol.
- If you take any medication, ask your doctor whether you should skip it on the day of the test, or take it afterwards.
- In the morning before your blood is taken, drink about a quarter of a liter (a glass) of water or unsweetened tea to stay hydrated.
- If you have diabetes and use insulin, bring your insulin and some food with you. You'll be given priority – at the check-in kiosk, **choose the option for a priority blood draw**.
- If you have any allergies to disinfectants or band-aids, let the staff know.
- Bring your test request form and your health insurance card.
- Children under 18 must be accompanied by an adult relative.
- If there's a pregnant woman, a small child, or someone with diabetes in the waiting room, they have the right to go first.

### Morning Urine Sample

- In the morning, wash your outer genitals with soap and rinse well with water (this is especially important for women). Women are also advised not to collect a sample during menstruation.
- Use a clean plastic container or test tube to collect the middle part of the urine stream – start urinating into the toilet, then catch the middle part into the container, and finish again into the toilet.
- Close the container tightly and label it with your name and year of birth.
- Bring the urine sample to your doctor or the laboratory as soon as possible.

### After Your Blood Draw: What to Keep in Mind

- If you're taking blood-thinning medication, it's a good idea to stay seated in the waiting area until the bleeding at the puncture site fully stops – this may take around 15 to 20 minutes.
- For the next few hours, try to take it easy: avoid any intense physical activity, sports, working at heights, or lifting heavy things.
- And don't forget to stay well hydrated! Blood collection puts a bit of strain on your body, so drinking enough fluids is important to help you recover and avoid dehydration.