Home blood testing

Prepare yourself step by step

Below you will find some steps to effectively prepare for a blood test.

1. At least 12 hours before a blood sample is taken, avoid excessive exercise, smoking and alcohol. Your last meal should be eaten around 6pm on the day of the test.
2. Prepare an identity card with your PESEL number or other document proof of identity (e.g. passport).
3. If you are uncomfortable with blood sampling and have a tendency to get bruises, let your specialist know.
4. After removing the needle, apply thumb pressure to the insertion site for 7 minutes. Do not peek at the insertion point or bend your arm at the elbow.

Have a nutritious meal after the blood draw and wait for the results!

The results can be checked at www.wyniki.diag.pl. Waiting time is dependent on the region in which the tests are carried out and the type of tests. When selecting, a waiting time is shown next to each test, given in working days.

How to collect your test results?

1. To log in to the results panel, go to the website www.wyniki.diag.pl and enter your date of birth and the order number found on the document you received during your home blood collection.
2. If you prefer to collect your results on paper, you can go to any of the Diagnostyka laboratories.
3. Do you have any questions? Use our online consultation option - speak to a specialist via chat or as a fifteen-minute phone call. For more information, visit: https://upacjenta.pl/konsultacje-online