



Blood testing  
at a location of your choice



Our home  
is your home





## About us ?

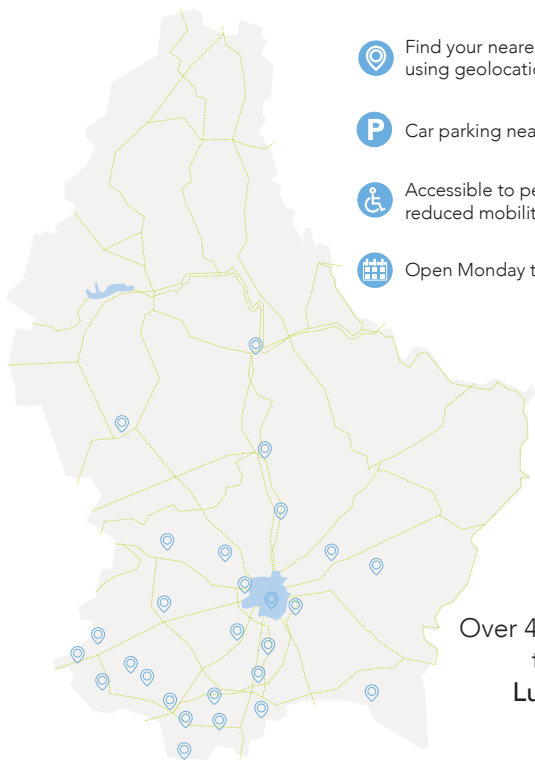


The result of the partnership between national nursing networks and BioneXt Lab medical laboratory, Picken Doheem is a free service which is accessible to all, residents and border residents, providing a blood testing service at a location of your choice :

- **Without an appointment** at our blood collection centers
- **With an appointment** at your home or workplace

# WITHOUT AN APPOINTMENT

## In a blood test centre



Find your nearest centre using geolocation



Car parking nearby



Accessible to persons with reduced mobility



Open Monday to Saturday

Over 40 locations throughout Luxembourg

## Contact us

- via telephone on **8002 4040** (toll-free number) (from other countries :+352 285 737-1)
- [www.pickendoheem.lu](http://www.pickendoheem.lu) and [www.doctena.lu](http://www.doctena.lu)
- **Picken Doheem mobile app** for iOS et Android



Download the app on your smartphone



## WITH AN APPOINTMENT

### Mobile service



Free of charge



For all the family



At a location of your choice, at your home or workplace



At a time convenient for you

How do I make an appointment ?

Appointments for same-day blood testing can only be made by telephone

# Secure, real-time access to your test results, 24h/7j



view your test results and access your history



make an appointment for a blood test via



find your nearest test centres



find a health centre or doctor by speciality  
book a medical appointment with



\* [www.doctena.lu](http://www.doctena.lu)

## How to access our service ?

- via telephone on **285 777 485**
- per e-mail : **helpdesk@my-lab.lu**
- **www.bionext.lu** «myLAB space»
- **myLAB® mobile app** for iOS et Android

# myLAB



Download the app on your  
smartphone



## Our specialized services



### Fertility service

Seminogram, seminal cytology, sperm migration and survival test, intrauterine insemination

#### To make an appointment :

- phone au 285 777-260
- e-mail : [fertilite@bionext.lu](mailto:fertilite@bionext.lu)

#### For more information :

- [www.bionext.lu/fertilite](http://www.bionext.lu/fertilite)



### Paediatric service

#### Prepare your child for their blood test

The samples are taken by qualified and specially trained paediatric nurses

- [www.bionext.lu/enfant](http://www.bionext.lu/enfant)



### Registration for partner services

Bone marrow donation

- [www.bionext.lu/dondemoelle](http://www.bionext.lu/dondemoelle)

Shared patient care record (myDsp)

- [www.bionext.lu/dsp](http://www.bionext.lu/dsp)



Useful patient  
information



## Duration of your medical order

2 months

Starting from the day the order was written, unless otherwise specified by your doctor.

6 months

If your doctor extends or renews your order starting from the date it is written.





## Do I need to fast ?

The main tests that require fasting include:

- Blood sugar,
- Cholesterol, LDL, HDL, Triglycerides
- Homocysteine, CTX, C-peptide, Insulin
- Apolipoprotein A and Apolipoprotein B
- Helikit (Helicobacter pylori infection diagnostic test)\*

*(Non-exhaustive list, for more information contact the Laboratory)*

\*When taking this test, it's important to not drink, eat, or smoke in the 12 hours before coming to the laboratory.

## I'm sick/I'm on medication. Can I do a blood test ?

You can have your blood drawn even when you're sick. If you have an infection (cold, flu, etc.) or a fever, inform the nurse who is performing the blood draw or your physician. Your health care provider will then decide whether or not to delay the test.

The use of certain medications, such as an anticoagulant or thyroid medicine, can affect some blood test results.

Just let the nurse know.



## Practical tips

### Urinalysis

#### Same-day urine sample

- Wash your hands
- Clean your genital area using the provided anti-septic wipe
- Open the container while making sure to not touch the top edge
- Start to urinate over the toilet
- Stop the flow of urine
- Collect a sample mid-stream using the sterile container
- Finish urinating in the toilet
- Carefully close and seal the container
- Write your last name, first name, and date of birth on the container
- Carefully fill out the information sheet provided by the laboratory

#### 24-hour urine collection

When you wake up, go to the toilet:

- Urinate into the toilet and note the date and time on the container (start of collection). For the next 24 hours: (day + night):
- Collect all of your urine in the container
- The next morning at the same time, empty your bladder completely and collect the urine in the container. Write down the end time
- Write your last name, first name, and date of birth on the container
- Bring the container back to the laboratory. In the event of significant diuresis (use of diuretics), use two, 2-litre containers.

## Stool sample

### Faecal occult blood test

- Collect the stool immediately after going to the toilet, then transfer the sample to the container provided by the laboratory using the spatula tool. Close the container tightly.
- Write your last name and first name on the container
- Write down the date and time of the collection

*Bring the sample to the laboratory within 24 hours if stored at room temperature.*

*If you need to collect a sample three days in a row, you can bring the three containers on the third day as long as you store them in the refrigerator.*

### Culture, mycological examination, parasitological examination

Bring the sample to the laboratory as soon as possible, or store it in the refrigerator no longer than 12 hours.

## Sputum test

- In the morning, before eating or drinking, rinse your mouth with water

*You can't have used antibiotics in the past three days unless you've received specific instructions to do so from your doctor*

- Cough (to collect sputum), then spit into the container. Try to avoid spitting saliva into the container
- Write down the time of collection
- Write your last name, first name, and date of birth on the container

### **Medical Secretary**

2-4, rue du Château d'Eau

L- 3364 Leudelange

Monday to Friday from 6:30 a.m. to 6:00 p.m.

Saturday from 6:30 a.m. to 1:00 p.m.





8002 4040

[www.pickendoheem.lu](http://www.pickendoheem.lu)



Service offered  
by the medical laboratory

Bione<sup>xt</sup>LAB

