

Urine Analysis of the Annual Medical Checkup

Please pick up a urine collecting container by the day before the medical checkup. Collect your urine in the morning of the checkup day and bring it to the medical checkup venue.

There is one urine collecting container for each person. Please do not lose it until you submit it.

Return any unused container to the venue/the Health Service Center.

Where to receive : student affairs section of your faculty/graduate school

When to start handing out the container: April 2 2018~

How to Undergo Urine Analysis

The Day before the Checkup: Urinate before going to bed.

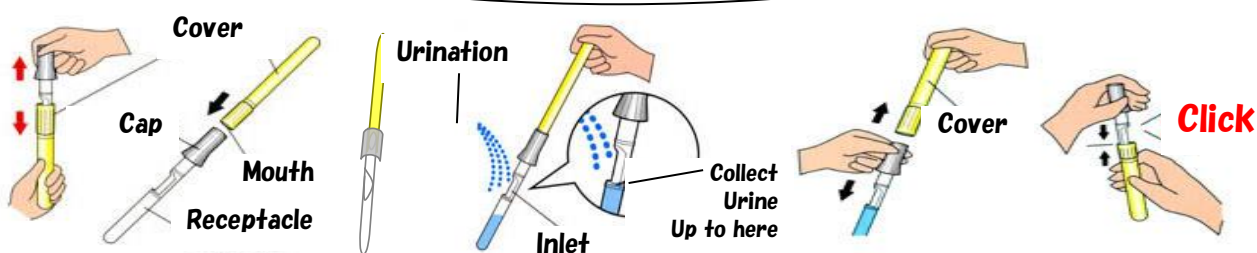
The Day of the Checkup: Collect urine as soon as you wake-up.

(Be sure to collect the midstream of urine, not at the beginning/the last part.)

After collecting, keep in a cool place and bring it to the front desk of urine analysis.

For Female: Please avoid collecting your urine samples during menstruation and within four days after your menstruation ends.

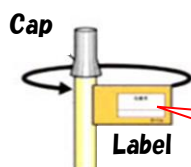
How to use a urine collecting container



① Pull the yellow cover. Then attach it upside down to the cap of the container.

② Place the inlet into your urine stream and catch urine in midstream while holding the yellow cover.

③ After collecting, pull the yellow cover and replace it. When you replace it, insert it firmly until it clicks.



Name
Student ID

④ Write your name and student ID on the label. Cut it off at the line and remove the silver tape, then put the label around the yellow cover of the container.



Submit (without plastic bag) to the front desk for urine analysis

Kanazawa University Health Service Center
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