Urine Analysis of the Annual Health Checkup

Please pick up a urine collecting container by the day before the Health Checkup. Collect your urine in the morning of the checkup day and bring it to the health 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 1, 2019 ~

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/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 a yellow cover and turn it upside down. Insert it to a mouth of a cap.
2. Urinate on a receptacle and collect it. (Collect your urine with holding the yellow cover.)
3. After you collect your urine, pull the yellow cover and replace it. When you replace it, insert it firmly until it clicks.
4. Write your name and student ID on the label. Cut off the label from a line. Peel off a silver tape and whip the label to the yellow cover.

Submit it (without plastic bag) to a front counter of urine analysis.

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