

Urine Test for the Annual Health Checkup

Please pick up a urine collecting container by the day before the Health Checkup. Collect your urine on the morning of the checkup day and bring it to the health checkup venue. One urine-collecting container is available for each person. Please do not lose it until you submit it. Please return unused container to the Health Service Center.

Where to pick up: At Student Affairs section at your department/
graduate school

How to Complete Urine Submission

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

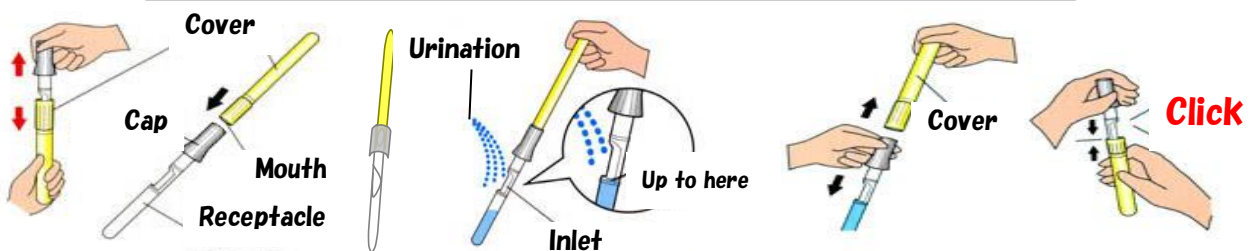
The Day of the Checkup: Collect urine immediately after waking up.

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

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

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

How to use a urine collecting container

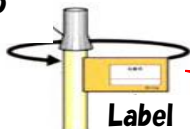


① Pull a yellow cover and turn it upside down. Insert it to a mouth of a cap.

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.

Cap



Name
Student ID

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 your container (without a plastic bag) to the front counter of the urine analysis

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