

# 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.

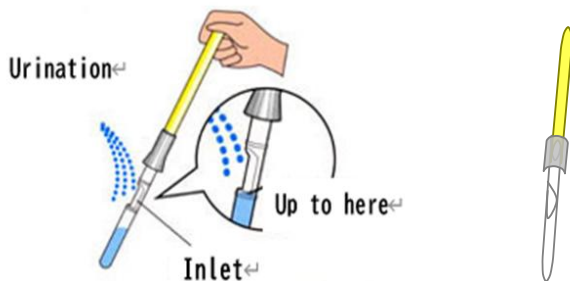
The Day of the Checkup : Collect urine immediately after waking up.

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

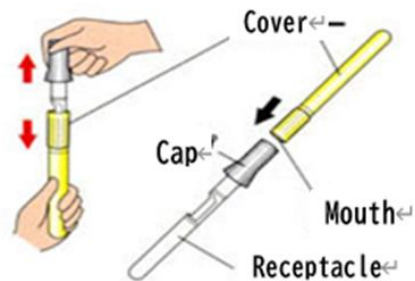
After collecting, keep the container in a cool place and bring it to the front desk for urine analysis.

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

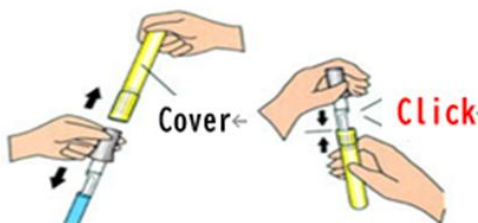
## How to use a urine collecting container



- 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.



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