

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.

How to Complete Urine Submission

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

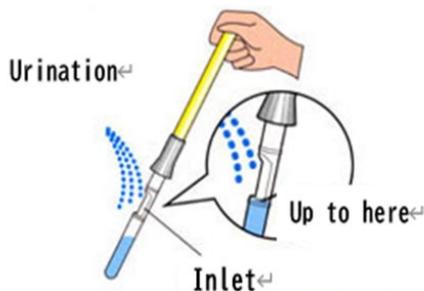
The Day of the Checkup : Collect urine immediately after waking up.

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

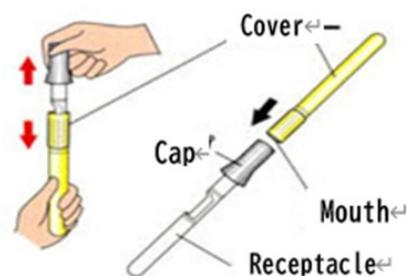
After collecting, keep the container in a cool place and bring it to the front desk for urine analysis.

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

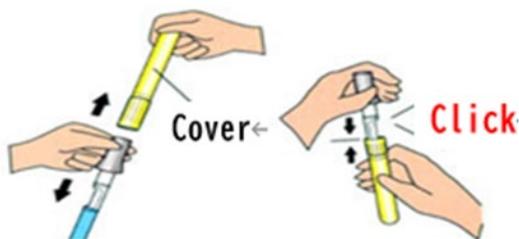
How to use a urine collecting container



- 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