

How to Prepare for the Urine Test

In order to obtain an accurate data, please take the first morning sample of the day you plan to take the annual medical checkup.

【How to Prepare for the Urine Test】

The day before the medical checkup :

Go to the bathroom before you go to bed.

The day of the medical checkup :

Collect the sample right after you wake up in the morning.

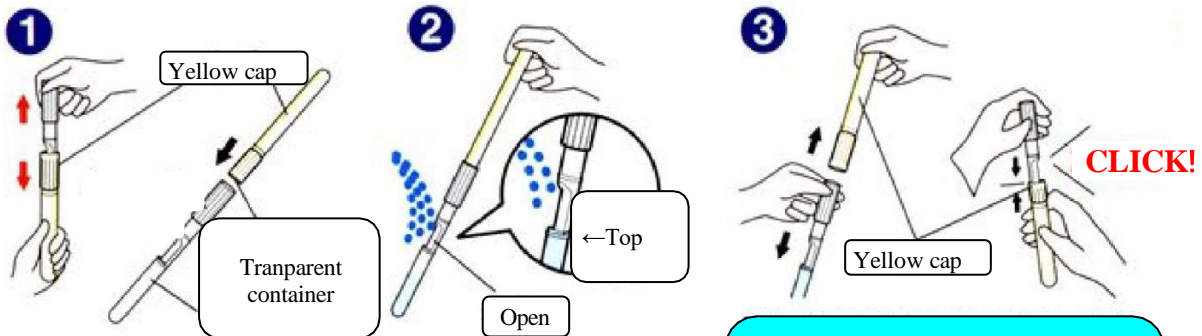
★As you start to urinate, let some urine fall into the toilet, then collect one to two ounce of urine in the container provided.

★If you are in your menstruation period, do not collect a sample.

You will be addressed to bring a sample on one of the retest days.

★Keep the sample in a cool place until you bring it to the Health Support Center.

【How to Collect the Sample】



1. Remove the yellow cap from the transparent container and connect them together.

2. Collect a sample of urine in the transparent container where it is open. Make sure that the sample is filled to the top.

3. Disconnect the yellow cap and place it back to the container. The cap must be firmly shut.

[Urine container bag]

ハルニキット ミニ 採尿器 使用上のお願ひ ●袋とラベルに氏名等記入する。 ●この袋に戻し提出する。 ●本品は尿の採取以外に使用しない。 登録商標	学校名 又は 事業所名	クロピ ノーゲン
	年 組 番	pH
	フリガナ	蛋白
	氏 名	糖
	備考	潜血



Do not fill in anything.

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