

## To all students

### Notes for the 2016 Health Checkup

Please receive a health checkup on the day designated according to the faculty or graduate school of your affiliation. If you are allocated to a day during menstruation, you may undergo the checkup on a convenient day after April 8 during the health checkup period.

Kyoto University Health Service will issue a “Report of Health Checkup” to all the examinees via the Automatic Certificate Issuing Machine. In addition, official health certificates (*kenko shindan-sho*, *kenko shindan shomeisho*) will be issued if necessary. However, when you request to include optional test results in the certificates, additional fees will be charged other than the document fee.

1. In order to receive the health checkup, you will need:

- 1) Registration form
- 2) Urine sample of your first urination of the day collected in the specimen jar.  
You can get a paper cup and a specimen jar at the academic department.

2. Checkup order

- ①Reception desk ②Urine Test(Urine sample submission) ③Blood pressure measurement ④Height and weight measurement ⑤Eyesight test (optional)
- ⑥Interview with a medical professional ⑦Doctor consultation (if applicable)
- ⑧“Skip the test of a chest X-ray” desk ⑨Chest X-ray

- Venue: 1) Yoshida Campus: International Conference Hall I, Clock Tower 2<sup>nd</sup> Floor  
2) Uji campus: Wood Composite Hall  
3) Katsura campus: Funai Tetsuro Memorial Lecture Theatre1

3. How to take the urine sample

- 1) On the day of your checkup, collect a sample of your first urination of the day using the paper cup, and transfer it to the specimen jar. (There is a paper cup in a paper bag.)
- 2) Close the cap tightly and put it in the paper bag for the urine test.
- 3) Write your faculty affiliation and name on the bag.
- 4) Women during menstruation should tell it to the on-site reception clerk regardless of the submission of the urine sample.  
\* Please note that results of the urine test performed during or up to three days after menstruation would be inaccurate.

4. Chest X-ray

Fill in your request on a form whether you want to have a chest X-ray examination or not.

- 1) For the X-ray, you will only be allowed to wear a plain shirt (thin cotton with no pattern, embroidery, or buttons).
- 2) Those who have long hair should tie it up using rubber ties or similar so that it does not touch your shoulders.
- 3) Please remove your metal goods, such as a necklace or accessories.  
\* Those who have already taken an X-ray since January 2016 may skip the test. In this case, please tell it to the staff member at the interview desk.

### **How to fill out the registration form**

The form is computer-read, so please follow the instructions in filling it out. You should fill out the form prior to coming to the checkup.

- Do not fold or dirty the form.
- Use an HB pencil and do not write outside the designated areas.
- If you make a mistake, please erase it neatly so as not to leave any marks.
- When writing the katakana for your name, use one box for each character, including ‘voiced characters’ such as か<sup>ゝ</sup>, ず<sup>ゝ</sup>, は<sup>ゝ</sup>, っ<sup>ゝ</sup>, etc.
- Follow the example below when filling out the form
  - On the front of the Registration Form, only fill out your student status, cell-phone number and your request to have a chest X-ray examination or not.
  - \* If your demographic data is not printed in the Registration Form, please give your information in full from the checkup category to the cell-phone number and your request to have a chest X-ray examination or not.
  - On the back of the Registration Form, mark the relevant boxes and fill out the relevant sections.
- Please return the clear folders to the check desk.