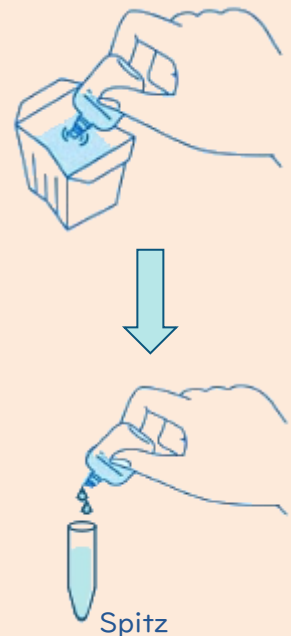


# Urine Collection Precautions

- Collect your urine as soon as you wake up on the day of your health examination.
- Avoid drinking alcohol, for 24 hours prior to collection and do not stay up late the night before.
- Do not take any supplements such as vitamin C for 10 hours prior to collection.
- If you are in your period, please let us know at your checkup. Submit it later.
  - \*We will inform you of the submission date at the time of your visit.

## Method of collecting urine

1. Excrete a small amount of urine first then collect the mid-stream in a cup.
2. Transfer to Spitz using a dropper (red lid).
3. Close the cap tightly and put it in a plastic bag.



## Submission location

### 《Freshman》

Bring with you on the day of your health checkup.

### 《3rd year undergraduate students》

Bring to health center during a designated period.

\*We will inform you of the submission date at the time of your visit.