

Urine Collection Precautions

- ① **Collect your urine as soon as you wake up on the day of your health examination.**
- ② Avoid drinking alcohol, for 24 hours prior to collection and do not stay up late the night before.
- ③ Don't take any supplements such as vitamin C for 10 hours prior to collection.
- ④ If you are in your period, please let us know at your checkup.

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

Method of collecting urine

1. Make a paper cup.
2. **Excrete a small amount of urine first then collect the mid-stream.**
3. Pump up urine into a dropper urinalysis vessel provided.
***Fill 1/2 of the container with urine.**
4. Close the urinalysis vessel 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.

Doshisha University Health Center