

Urine Collection Precautions

- Collect your first urine in the morning of your health examination.
- Avoid drinking alcohol, staying up late, or engaging in strenuous exercise the day before.
- Do not take any supplements such as vitamin C for 10 hours prior to collection.
- If you are on your period, please let us know at the reception and submit it at a later date.

Method of collecting urine

1. Pee a small amount into the toilet, then collect the mid-stream in a cup.
2. Transfer the collected urine into the container until it is about way full.
3. Close the cap tightly and put it in a plastic bag.



Submission location

Bring with you on the day of your health checkup.