

Request for urine collection in advance

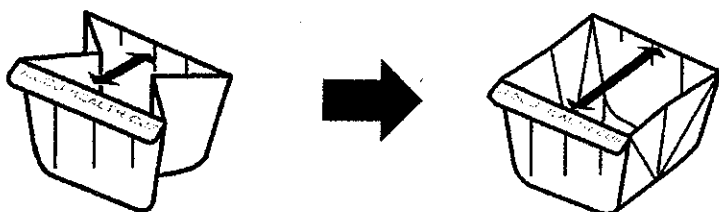
For urine tests, diet and exercise (including daily activities) may affect test results, so we ask that you take a urine sample on the morning of your checkup. Please collect urine in the enclosed urine collection container (Urine Spitz) and bring it with you when you visit the Health clinic.

1. Notes on the day before urine collection

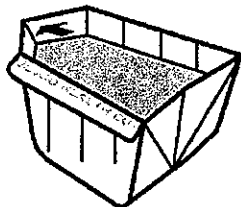
- (1) Be careful not to take too much juice or vitamin C before going to bed.
- (2) Do not exercise at night and rest.
- (3) Urinate prior to going to bed, but the urine sample is from the next morning.

2. Urine collection method

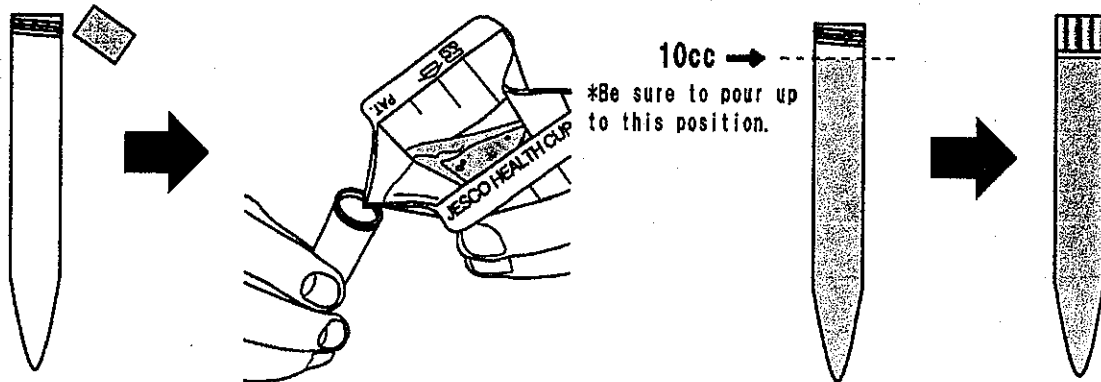
- (1) Expand the folded container into a cup shape.



- (2) Collect mid-stream urine on the morning of the checkup in the cup, and pinch the top of one side to create a spout.



- (3) Open the cap of the urine spitz and slowly pour it up to the 10cc line. After collection, tighten the cap to prevent leakage.



* If the amount of urine is small, the test may not be possible.

- (4) Fill in the necessary information on the sticker, attach it to the urine spitz, and put it in a plastic bag.

