

Autumn in 2022

## **Announcement of health checkup for students who use radioisotopes or radiation or hazardous chemical substances**

**Eligible persons:** Students who are registered to use radioisotopes or radiation or hazardous chemical substances in 2022. Only students who did not take the April annual health checkup have to take this checkup.

**Date:**

November 2nd (Wed)

Men 13:30-14:00      Women 14:00-14:30

**Location:**

Health Administration Office

\*Please go up the stairs outside and come to the entrance on the third floor.

\*Please wear a mask.

**Test items:**

Urine test, Measurement of height, weight and blood pressure, Chest X-ray

\*Please come to Health administration office on October 14th (Fri) to 21st (Fri) (8:30-17:00 on weekdays) to pick up your urine collection tube.

\*You cannot take urine test during menstrual period.

**Things to bring:**

1. Form for annual health checkup

\* Please bring the printed form (A4 paper).

2. Urine sample

\*Use the first urine of the day.

3. Plain T-shirt (if you are having an x-ray)

\*T-shirt must not have embroidery, ribbons, pockets, buttons, metal etc.

\*You may put clothing on over a T-shirt (front opening/button down).

\*As a measure to prevent the spread of infection, please wear a T-shirt to your chest x-ray.

There will be no examination gowns available for your use.

Also, you may not be completely undressed for the x-ray.

Please follow the instructions below when preparing the T-shirt for your x-ray.

- You may not wear undergarments such as a bra, bra top, sports bra, wireless bra, or camisole

with plastic strap slides and/or hooks during the x-ray.

- You may not wear bulky clothing such as sweatshirts, as this may affect the exposure and the image.
- Decorations are not acceptable on the front or the back of your clothing.
- You may not wear clothing with designs made from materials such as fluorescent paint and glitter, as they often contain metal.
- You may wear undergarments that are light and free of decorations, such as Heattech.
- You may wear screen-printed T-shirt as long as they do not have embossed designs.

4. Student ID card

5. Small bag for storing valuables

**Reminder:**

\*Please avoid excessive drinking, excessive eating, and/or strenuous exercise on the day before the examination, as there may affect the results of the examination.

\*Please tie long hair up.

**Web registration and the form for annual health checkup:**

Web registration starts on October 27th (Thu), 2022

Web registration → Download the form for annual health checkup → Print the form

\*Please bring the printed form (A4 paper).

\*Printed form you are going to download is an old version (and the information is not correct).

Please read this page for the latest information of test items and things you need to bring.

\*Please make sure your name and student ID number under the barcode on your printed form are correct.

**When you cannot download the health checkup registration form:**

Google Chrome may not work.

**Caution (Important!):**

You have to bring the printed form (A4 paper) for annual health checkup. We cannot use your smartphone or PC this time.

**Notes:**

\*If you have already taken health checkup in hospital or health checkup center, you don't have to take this health checkup. Please bring your result report to health administration office (8:30-17:00)

on weekdays).

\*When you have a fever or cold-like symptoms, or if you feel unwell, don't take this checkup.

\*Please use hand sanitizer and measure your body temperature at the entrance.

\*Please make sure to wear a mask.

\*You are responsible for your own valuables.

\*Health checkup may be suspended if the coronavirus situation worsens or due to typhoon or other reasons. Please check the Health Administration Office website on the day of your checkup.

(Higashiyama Health Administration Office)

**×線撮影にダメな物！**  
**Please kindly remove all the things**  
**listed below before the Xray**

アクセサリは身に付けてこ  
ないでください。  
髪の毛がアップにできるよう  
にゴムを持参してください



できるだけ高い  
位置でUPに！

**1. 髪の毛**  
※髪の毛が長い人は  
肩より上にあげてください  
if you have long-hair,  
please put your hair up

**2. ネックレス**  
**necklace**

**3. ファスナー**

**zipper**

**4. 刺繍・ワッペン**

**one-point(embroidery)**

**5. ボタン**

**button**

**6. ポケット**

**pocket**



レース・リボン・貼り付けた  
プリント印刷もダメです  
無地で飾りのないものを準  
備してください  
T-shirt is design free on  
both sides and plain



**7. 湿布・イレバソ**  
**compress**

**8. プラスチック・金属**  
**plastic or metal**



**Tシャツ1枚のみに着替えて！**

スポーツブラなどもパットが入ってい  
るものが多いのでお断りしてます

**Take off your clothing above  
the waist, except for a t-shirt.**