

Autumn in 2023

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

Eligible person

Students who are registered to use radioisotopes or radiation or hazardous chemical substances in 2023. Only students who did not take the April annual health checkup have to take this checkup.

Date

November 1st (Wed) Men 1:30pm Women 2:00pm

Location

Health Administration Office

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

Test items

Urine test (protein, sugar, occult blood), Measurement of height, weight and blood pressure, Chest X-ray, Doctor's examination

*You cannot take urine test during menstrual period.

Web registration and the form for annual health checkup

Web registration starts on **October 25th (Wed)**

Health Administration Office web site <https://www.htc.nagoya-u.ac.jp/hokenkanri/>

Information → "Announcement of health checkup for students

who use radioisotopes or radiation or hazardous chemical substances" → Web registration

→ Enter your THERS Account and password → Fill out the form for annual health checkup

→ Download the form for annual health checkup → Print the form (A4 paper)

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

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

*Google Chrome may not work.



Where to pick up the urine container

Please come to Health Administration Office on the first floor on **October 24th (Tue) to 31st (Tue)** (8:30am-5:00pm on weekdays) **to pick up your urine container**. Please press the intercom.

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 in your urine container. You cannot take urine test during menstrual period.

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 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 or AIRism.

- You may wear screen-printed T-shirt as long as they do not have embossed designs.

4. Student ID card

You may need it.

5. Small bag for storing valuables

Only valuables may be brought in during the inspection.

Notes

*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.

*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 (8:30am-5:00pm 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.

*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 latest information on 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けてください
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. ぼたん 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.