

## 2018 Springtime Special Medical Check-ups Schedule & Information

All locations require reservations. Please make a reservation through the website.

(<http://www.hc.u-tokyo.ac.jp/>)

Please see “How to Make an Appointment” for details.

### 《Schedule for Hongo Campus》

**Location: Hongo Health Service Centre 2nd Floor Administration Bureau Bldg. 2, Tel.: Extension 22580**

Date	M / F	Time
Wed. 21st Feb. 2018	Male	9:00 ~ 11:30
	Male	13:15 ~ 15:45 (Dental check-ups 14:00~15:15)
Thu. 22nd Feb. 2018	Female	9:00 ~ 11:30 (Dental check-ups 10:00~11:15)
	Female	13:15 ~ 15:45
Fri. 23rd Feb. 2018	Male	9:00 ~ 11:30
	Female	13:15 ~ 15:45
Tue. 27th Feb. 2018	Female	9:00 ~ 11:30
	Male	13:15 ~ 15:45

· If you are required to have a dental check-up, please make a reservation on the specified date and time as much as possible. Male: 21st Feb. (14:00~15:15) / Female: 22nd Feb. (10:00-11:15)

· Please see the “How to Make an Appointment” if you are required to have a dental check-up or not.

### 《Schedule for Komaba Campus》

**Location: Komaba Health Service Centre Tel.: Extension 46166**

Date	M / F	Time	
Thu, 15th Feb., 2018	AM	Female	9:00 ~ 9:45
		Male	10:15 ~ 11:30
	PM	Male	13:15 ~ 14:45
		Female	15:15 ~ 15:45

\* Dental check-ups at the Komaba Health Service Center are scheduled for a different day. Persons scheduled for dental checks will be contacted separately.

### 《Schedule for Kashiwa Campus》

**Location: Kashiwa Library Tel.: Extension 63040**

Date	M / F	Time
Thu, 8th Feb., 2018	Male	9:30 ~ 11:00
	Female	11:00 ~ 11:45

\* Dental check-ups at the Kashiwa Health Service Center are scheduled for the same day.

※Medical check-ups can be taken on any campus. However, please make sure to have the medical check-ups without fail during the specified period.

### Information on taking the medical check-ups

1. All examination must be taken unless you have a specific reason.
2. Please be aware that you are not able to use the documents from the autumn medical examinations.

### Items to bring with you and preparing for the check-up

< Check-ups card / QRcodes / Reservation information >

- ◇ Please do not bend or staple the cards.
- ◇ Please make sure to bring the cards. If you do not bring them with you, you will not be able to take the check-up.
- ◇ Please make sure to print the displayed QR code, and remember to bring it with you on the day of your medical check-up.
- ◇ Please bring screen print-out or memo with your reservation number.

< Urine sample container >

- ◇ Please do not exercise severely the day before the check-up so that accurate examinations results are obtained.
- ◇ Those who handling toluene or xylene as part of their work should refrain from soft drinks that contain benzoic acid, sweets, strawberries, blueberries and other types of berries, as well as fruits such as apricots and plums.
- ◇ Please collect the urine sample first thing in the morning of the check-up immediately after you wake up. (Those taking the special medical check-ups must collect two samples.)
- ◇ Please do not collect a urine sample if you are in your menstrual period. Please contact a staff at reception when you come for your examination.
- ◇ Please write your name on the label provided and attach it to the sample container.

### Information for blood tests (only for those specified)

- ◇ It is not necessary to fast from food for the blood test.

### Information for other examinations

- ◇ If you wear glasses or contact lenses for work, please wear them during the check-up.
- ◇ Please wear clothing that you can remove from your upper body or wear a T-shirt with no print for the chest X-ray examination.
- ◇ Please do not bring valuables with you. The Division for Health Service Promotion will not be responsible for any loss or damages during the medical check-ups.

**The followings are additional notes for faculty and staff who have not taken the medical check-ups this school year.**

### Stool sample container (only for those specified)

- ◇ Please write your name in katakana, gender, date of taking sample on the sample container and envelope.
- ◇ Samples can be taken up to 4 days prior to your check-up. Taking of samples has changed to a two-day method.  
Please submit both stool sample containers for the two days.

### Information for blood tests

- ◇ Those who have their check-up in the morning should come without having breakfast and refrain from drinking anything that contains calories.
- ◇ Those who are having the check-up in the afternoon should finish lightly breakfast by 7:00am, and refrain from eating and only have drinks that do not have calories in them.
- ◇ Please make sure you keep hydrated by taking in drinks without calories, such as water or straight tea.

### Attire

- ◇ If you are specified to take an ECG, please wear short socks and not wear stockings or tights.