

# Health examination at the time of employment and Health Examination for Workers Dispatched Overseas at Tsukuba University Health Center

## 1. Test items

Body measurement, Waist measurement, Visual acuity, Blood pressure, Urinalysis, Electrocardiogram, Hearing, Chest X-Ray, Medical examination by a physician, Blood (red blood cell count, hemoglobin contents, GOT (AST), GPT (ALT),  $\gamma$ -GTP, HDL cholesterol, LDL cholesterol, triglycerides, blood sugar)

## 2. Examination Procedure

- ① Please make an appointment through the University Health Center's website.
- ② All examinations will be conducted on the day of your appointment. The process will take approximately 30–60 minutes.
- ③ 【For Health Examination for Workers Dispatched Overseas】  
A doctor will explain the results at a later date. Your follow-up visit will be scheduled on the day of the examination.  
【For Health examination at the time of employment】  
Your results will be sent later through the campus mail.

## 3. Notes

- Please refrain from strenuous exercise and excessive eating or drinking as much as possible the day before the examination.
- Blood tests will be conducted for all employees.  
If the examination is scheduled in the morning, we prefer that you finish eating by 11:00 p.m. the previous day, skip breakfast, and do not consume any food or drinks containing calories.  
If the examination is scheduled for the afternoon, we prefer that you finish breakfast by 8:00 a.m. and do not consume any food or drinks containing calories afterwards.  
You should drink plenty of water and calorie-free beverages including tea. Try to keep yourself hydrated.
- Please discuss with your doctor whether on the day of the examination you should take oral medicine prescribed to you.
- Urine samples will be collected after you arrive at the University Health Center.  
To ensure a smooth urine test, please refrain from using the restroom immediately before your examination.  
Female examinees are requested to avoid scheduling the examination during their menstrual period.
- If you wear glasses or contact lenses, please keep them on during the examination.
- For chest X-rays, do not wear any underwear with wires or pads, and no necklaces. Please wear a plain T-shirt without buttons. Hospital gown, hair ties, etc. will not be provided.
- Any woman who is pregnant or suspects she may be pregnant cannot have a chest x-ray done.
- If you need special consideration, please contact us in advance.

