

★Content・Note etc. (See the item you are taking.)

For all items	①Wear clothes that are easy to take on and off ②Makeup should be modest and do not use manicure. Take off accessories. ③If the person needs care, please accompany the person. ④If the person is pregnant or may be pregnant, checkup is not available.
Obligatory Item	※If there is a note on the backside of the medical checkup sheet, please read it, too
Blood examination	Refrain from having a meal just before the examination (lunch, in case of the examination in the afternoon), and refrain from having food/drink except water or tea until the checkup. ※ For person taking stomach cancer screening, confirm “Stomach cancer screening” section.
Urine examination	①Collect the midstream urine when getting up in the morning ②Write only your name and sex on the paper bag.
Lung cancer screening	① Wear a plain T-shirt. Padded inner wear, plastics such as button, bras with metallic hook, lacework etc. are not permitted.
Colorectal cancer screening	①Excretions can be collected from 4 days prior to the screening. Collect 2-day excretions. Keep collected excretions in cool place (refrigerator etc.). ② Do not collect excretions when you have a period. ③For person who could not collect excretions (Including person who collected only 1-day excretions), bring all the containers and consult at medical questionnaire counter on the day.
Optional Item	※Only for even-number age (Age at the end of the fiscal year...up to April 1)
Stomach cancer screening (Barium) 【Person who cannot take it】 ・ Person who had stomach removal surgery ・ Person with a record of hypersensitivity to barium product 【Person who needs to be careful】 ・ Difficulty with drinking/ Coughs when drinking (Aspiration may occur.) ・ Tends to have constipation (Intestinal obstruction may occur.) ・ Cannot hold its weight over hand rail (The person may fall.)	① Finish your meal by 10:00 pm on the previous day. (Drinking water is OK until bedtime, but avoid drinking alcohol.) ② On the screening day, you can drink 200ml (about 1 glass) of water until 2 hours prior to the screening, but do not eat (Including candy, gum etc.) or smoke. ※ Medicine for hypertension/ cardiac disease should be taken by 2 hours prior to the screening with water or warm water within 200ml. Do not use medicine for diabetes or insulin before the screening. For other medicines, consult your family doctor. ③ Change the clothes to screening outfit in the screening vehicle. ④ After the screening, drink much water and make sure to take the medicine provided on the day (laxative).
Breast cancer screening (Obligatory for even-number age lady's course)	① Person in breast-feeding or within 6 months after its completion cannot take the screening. ②There may be cases not eligible for the screening in addition to ①. See the explanation of “Lactiferous gland checkup sheet”. ※ You will be together with other women at the waiting space in the screening vehicle. Bring something to put on if necessary.
Cervical cancer screening (Obligatory for even-number age lady's course) 【Person who cannot take it】 ・ Person who had entire womb removal surgery ・ Person who has not had sexual intercourse	① Cell collection is not possible in case of person who has a period. Please change the schedule. Consult in advance or on the day. ②For group screening, since treatment cannot be conducted in case of bleeding etc. person who has not had sexual intercourse cannot take the screening. If requesting the screening, apply to a medical institution. (It is said that person who has not had sexual intercourse has less probability of getting cervical cancer caused by HPV.)
Prostate cancer screening	①Blood examination is conducted.

- ・ Checkup ticket is valid only for once. Please keep in mind that **Mini Medical Checkup is not available if you have taken another medical checkup (checkup at medical institution).**
- ・ Please note that the city's medical checkup can provide only one occasion for the same screening item a year (Once in 2 years depending on the item).
- ・ In case of cancellation, changing optional items, or questions on other things, please contact responsible counter at your earliest convenience.

Contact Toyokawa City Health Promotion Division Health Management Section TEL 0533-95-4802

※For questions about medical checkup ticket, contact Insurance and Pension Division (Medical Checkup). TEL0533-95-0232