

Yuan Ze University Annual Health Checkup Instructions

Date and Time: May. 10. 2016 08:30 a.m.~10:40 a.m.

Notes :

1. 8 hours before examination on empty; ban alcohol; need adequate sleep the night before, do not stay up late.
2. Do not 8 hours before examination medication, but chronic diseases (such as: hypertension, diabetes, etc.) need to take medicine to control who may be taking drugs that day and asked to bring drug use.
3. blood collection after the cotton soft reduction at 3 to 5 minutes, until no bleeding only after removing the cotton balls.
 - ★ Do not rub the blood should not place the wound in order to avoid swelling and bleeding.
 - ★ If previous blood tests were not easy (halo pin) please inform nursing blood.
4. to avoid a decorative metal jacket, wearing metal chest if the items removed in advance before the test. **Pregnancy or suspected pregnancy should not according to chest X-ray.**
5. female colleagues of this Act, avoid wearing adjustable underwear, pantyhose, stockings subjects.
6. when you take the middle of the urine specimens from urine, and collected in a catheter eight full; female colleagues if the positive physiological Please inform nurses.
7. Check visual acuity and intraocular pressure when the contact lens wearers, please take the initiative to inform.
8. blood pressure check if any genetic history of hypertension or high blood pressure can break the amount to take off after the test.
9. **female colleagues to be done, such as gynecological ultrasound, could be inspected after the report, due to expansion of urine before the check can be checked.**

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