

FAQ about Health Checkup



Q. Who is eligible for the health checkup?

A. Students → Regular students
(master's and doctoral students),
non-regular students
(research students, special
research students, special study students)

Faculty and staff → All
(those who have employment contracts with NAIST are
eligible regardless of the length of the contract or the
number of hours worked)

※Please contact General Safety and Health Management
Section (anzen@ad.naist.jp) in case you are not sure if you are
eligible for health checkup.

Q. Who is eligible for special health checkup?

A. Students, faculty, and staff who engaged in X-
ray/radiation, organic solvents, specified chemical
substances, or genetic modification experiments are
eligible for a special health checkup once every six
months. General Safety and Health Management Section
contacts each laboratory to confirm who is eligible
before the checkup.

Q. Do I have to take health checkup?

A. Students, faculty, and staff are required to take it by law or by the University's Safety and Health Management Regulations. We ask for your cooperation in taking health checkups for early detection of infectious diseases such as tuberculosis, as well as for your own health management.

Q. I am pregnant. Do I need to take a health checkup?

A. You are required to take health checkups even if you are pregnant. However, if your doctor determines that you should not take checkups due to your condition, you are exempt. Please inform us that you are pregnant at the registration counter prior to the health checkup.

Q. I am on leave of absence from NAIST. Can I take health checkup?

A. Please take it at the Health Care Center upon your return to NAIST. Please note that you will be responsible for the chest X-ray fee if taken at an outside institution

Q. I recently had a physical checkup at a hospital. Do I still need to take the health checkup?

A. A copy of your checkup results can be submitted instead. Please provide the copy to Health Care Center.

Q. I am currently studying abroad.

A. Please take the health checkup after you return to NAIST. Please note that you will be responsible for the chest X-ray fee if you choose to take the examination at an outside institution.

Q. I am unable to take the health checkup during the scheduled period.

A. Please take it at the Health Care Center. Please note that you will be responsible for the chest X-ray fee if done at an outside institution.

Q. When can I receive the medical questionnaire sheet for health checkups?

A. We will make every effort to provide them to each laboratory and each division 4 to 5 days prior to the health checkups.

Q. I have not received the medical questionnaire sheet.

A. Please contact Health Care Center.

If you realize you don't have it on the day of the health checkup, please come directly to Millennium Hall.

Q. What should I do if my information on the medical questionnaire sheet is incorrect?

A. Please tell Health Care Center staff at the Millennium Hall when you come for the health checkup.

Q. Is it possible to change the scheduled date and time?

A. Yes, Please contact Health Care Center.
Contacts about health checkups
TEL : 0743-72-5108
email : kenshin@ml.naist.ac.jp

Q. How long does the health checkup take?

A. It takes about 40 minutes to an hour depending on how busy it is.

Q. What should I wear?

A. Clothing and shoes that are easy to put on and take off are recommended. Please avoid wearing accessories and stockings. Some examples include:

- Separate tops and bottoms
- Slippers, sandals, or sneakers
- T-shirts with loose sleeves
- Simple shirts and underwear without decorations

Q. If I have my menstrual period on the day of the health checkup, what should I do about the urine test?

A. Menstrual blood may affect the test results. However the urine test is still required. We ask for your cooperation in providing a urine sample.

Q. Is there any test I cannot take if I might be pregnant?

A. If there is a possibility of pregnancy, please do not undergo a chest X-ray. Be sure to inform our staff if you are pregnant before the health checkup.

Q. Is it OK to take medications as usual?

A. Please take medications for your heart diseases and hypertension as usual.

If you skip a meal, do not take your diabetes medication. If you have any other questions, please consult your prescribing physician

Q. Can I eat before the health checkup?

A. If you are scheduled for a gastric X-ray test, please finish eating by 9:00 p.m. the day before the checkup and fast afterward. You may drink water, hot water, or tea without milk or sugar. For others, it is advisable to fast for 6 hours before the checkup. If this is difficult, please refrain from eating for at least 2 hours if possible. You may still drink water, hot water, or tea.

※ Eating before the health checkup may affect test results. We appreciate your understanding and cooperation to ensure fairness, as all members are scheduled for specific times.

Q. When will the checkup result be available?

A. We will make every effort to provide the results within a month and a half after the checkup.

**Q. I need a health certificate.
When will the health checkup certificate be available?**

A. It can be issued around the time the results are available, using the automatic issuing machine in front of the Education Affairs Division. It will not be issued if you need to take a recheck. If your health check results indicate the need for a recheck, please visit the Health Care Center for further examination.

FAQ about Examinations for Faculty and Staff Only

Q. When should I submit my stool sample?

A. Please submit the stool sample to the staff at Millennium Hall during health checkup hours. It is preferable to collect the stool sample on the day before or the day of submission, but samples collected 3-4 days prior are also acceptable. In such cases, please store them at room temperature and avoid direct sunlight.

Q. When should I submit the sputum cytology test sample?

A. Please submit it to the staff at Millennium Hall during the health checkup period. Collect your sputum each morning for three days in the test container and submit it.

Q. I have difficulty passing stools after a gastric X-ray test. What should I do?

A. Please eat as usual and try to drink plenty of water. If you have difficulty in passing stools, please consult with staff at Millennium Hall or come to the center within 2 days.