

# 採尿方法

# How to take urine

別紙4  
Separate Sheet No.4

## 1) 採尿カップに尿を取る

Take urine in a  
test cup.



## 2) 採尿容器の腹を 押さえ、採尿カップの 尿を吸い上げる

Pushing the side of the  
bottle,  
pump up urine from  
the cup by a bottle.



## 3) 線のところまで 吸い上げ、容器の ふたを閉める

Fill the bottle to a  
marker line, and  
screw the cap  
back on.



## 4) 提出用袋に 所属と氏名を記入 し提出

Write your  
affiliation and name  
on the bag.

