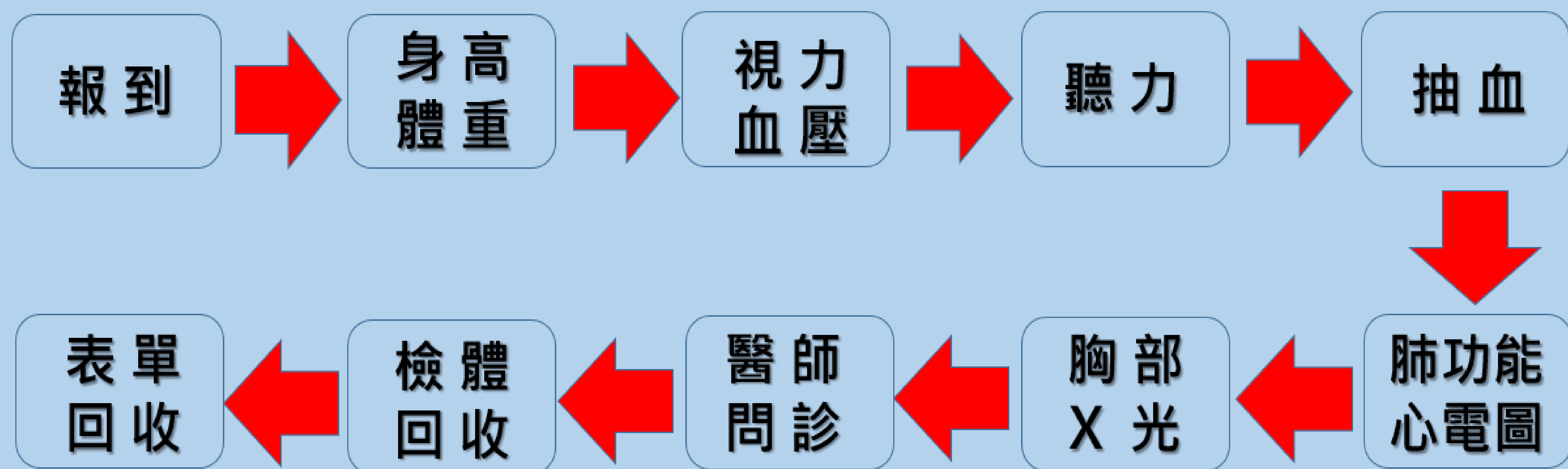


2020元智大學 一般暨特殊體檢注意事項

- * 體檢時間：109年4月23日 8:00-10:30 (10:30截止報到)
- * 體檢地點：R60103(玻璃屋)
- * 主辦單位：環境暨安全衛生中心 陳逸華小姐 (分機：2064)

體檢流程：



體檢注意事項：

(視作業項目)

- 1)受檢前一夜00:00以後禁食，勿飲水(如有必要請少量)至少空腹6-8小時。
- 2)受檢前勿熬夜、勿酗酒、勿劇烈運動、勿服用成藥(慢性病藥除外，如高血壓、糖尿病、心臟病等)。
- 3)懷孕或可能懷孕婦女請務必告知報到處，請勿行X光檢查。
- 4)女性如遇生理期，請於報到時告知現場工作人員。
- 5)抽血後勿搓揉，輕壓3-5分鐘至沒流血後方可取下棉花(如抽血後出現淤血及血腫、請於二十四小時後毛巾熱敷數日即可)。
- 6)受檢當日請著輕便衣物，儘量勿著套裝、絲襪褲襪、勿戴項鍊及金屬飾品。
- 7)體檢結束後，請務必將體檢流程單繳回。



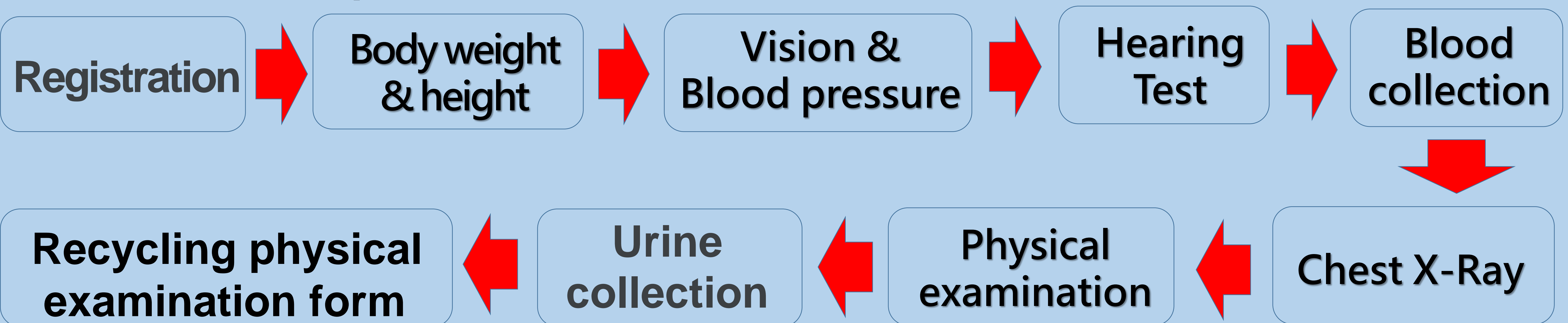
2020 Yuan Ze University

Annual Health Checkup Instructions

- * Date & Time : April. 23. 2020 08:00 ~10:40 a.m.
- * Physical examination location: R60103
- * Contact Information : Ms. Chen (ext : 2064)

Environmental Protection and Occupational Safety and Health Center

Health exam procedure:



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