

1-Day Complete Medical Checkup Basic Test Items 2018 Version

[source: Japan Society of Ningen Dock](#)

Test items		Comment
physical measurement	height	
	body weight	
	degree of obesity	
	body mass index (BMI)	
	abdominal circumference	
physiological test	blood pressure	Generally, mean of 2 measurements
	electrocardiogram	
	heart rate	
	ocular fundus (fundoscopy)	Both eyes
	intraocular pressure	
	visual acuity	
	audiometry	Simple audiometry
	respiratory function test	FEV1, VC% , FEV1% (vs. standard FEV1)
X-ray, ultrasound	chest X-ray	2-way
	upper gastrointestinal series	Esophagus, stomach, duodenum. 30.5 cm × 25.5 cm, 8 or more. (Digital image available) Blowing agent, anticonvulsive agent, and laxative are optional. *1
	abdominal ultrasound	The target organs for the examination are the gallbladder, liver (including spleen), pancreas, kidney and abdominal aorta. However, comments are necessary if the pancreas cannot be detected.
blood test	total protein	
	albumin	
	creatinin	
	estimated glomerular filtration rate (eGFR)	
	uric acid	
	total cholesterol	
	HDL cholesterol	
	LDL cholesterol	
	Non-HDL cholesterol	
	triglyceride	
	total bilirubin	
	aspartate aminotransferase (AST)	
	alanine aminotransferase (ALT)	
	gamma-glutamyl transpeptidase (γ-GT)	
	alkaline phosphatase (ALP)	
	fasting blood sugar	
	hemoglobin A1c (HbA1c)	
red blood cell count		

blood test	white blood cell count	
	hemoglobin	
	hematocrit	
	mean corpuscular volume (MCV)	
	mean corpuscular hemoglobin (MCH)	
	mean corpuscular hemoglobin concentration (MCHC)	
	platelet	
	C-reactive protein (CRP)	Quantitative method
	blood typing (ABO,Rh)	Can be omitted upon request.
	hepatitis B surface antigen (HbsAg)	Can be omitted upon request.
urine test	albumin, sugar, occult blood in urune, or urinary sediment	Albumin, sugar, occult blood, etc. Sediment may be omitted if albumin and occult blood responses are negative.
stool test	stool occult blood	Immunization (double) method (2-day method)
interview for medical care		Healthcare professionals' task (in principle, by physician, public health nurse or nurse) In medical interview (questionnaire), 22 items shall be included in the specific health check-ups questionnaire for those subjected to the specific health check-ups.
physical examination by physician(s)		Chest auscultation, and neck and abdominal palpation, etc. * 2
explandtion of the results		Physician's task. Checkup suggestion, result report, and offer of information to those subjected to specific health check-ups. *2
health guidance		Healthcare professionals' task. It should be conducted according to the "Guidance for the smooth implementation of specific health check-ups and specific health guidance (3rd edition)". May be conducted during physician's result explanation check-up suggestion, result report, and offer of information to those subjected to specific health check-ups. *2
Optional test items		
upper gastrointestinal endoscopy (GF)		*3
breast examination and mammography		Breast examination may be omitted with discretion by physician.
breast examination and brest ultrasound		
gynecological examination and uterocervical cytodiagnosis		Physicians themselves should collect all gynecologic specimens.
prostate specific antigen		
hepatitis C vurus antibody (HCV Ab)		*4

*1 Basically X-ray examination. If him/herself or insurer had requested endoscopy, additional cost shall be calculated according to the option item price list.

*2 Clinical examination, explanation, and instruction shall be efficiently operated based on the actual conditions of the institution. In principle, medical examination by physician and result explanation shall be conducted separately.

*3 Endoscopy shall be conducted under written informed consent after sufficient explanation. In principle, analgesics and sedatives will not be used.

*4 Based on the recommendation of JMHLW on the measures against hepatitis, it should be recommended in a case who had not been conducted previously.

<Supplement>

Syphilis test is not included in the contracted basic test items and option test items; however, it may be conducted if the subject him/herself requests.