



June 12, 2018

To prospective international students,

Hitotsubashi University Health Center would like to share medical information and available service in Japan, so that some of you may need time to prepare prescribed medication from your home country.

Medical Information from our Health Center

Hitotsubashi University has a Health Center, but it is unable to prescribe medication. If you wish to be prescribed medication, please visit a medical institution off-campus. You must enroll in national health insurance to receive treatment at a medical institution in Japan. (The International Affairs Office will provide detailed information regarding health insurance during International Student Orientation.)

- The Health Center can provide information on the location of and services offered by medical institutions. In Japan you often have to wait several weeks for an appointment at a medical institution, in particular at a psychiatry department, which can offer treatment in a foreign language.
- Japan is a medium tuberculosis burden country. All students are required to undergo a chest X-ray examination as part of a medical examination after enrollment.
- Japan experienced a large, multi-prefecture measles outbreak in the spring of 2018. Please be sure to be inoculated against measles twice (or MR, MMR, MMRV; stand for measles and rubella, +mumps, +varicella, respectively) before coming to Japan. Many cases have been reported of people contracting measles in airplanes or at airports. In Japan it costs 10,000 JPY per measles vaccination shot.

Bringing Your Medication to Japan

If you have been taking medication in your home country (or country in which you currently live), you may be able to bring that medication with you to Japan if you undertake certain procedures prior to your departure.

- Certain medication cannot be brought into Japan. Please check prior to departure. If you are unable to bring your regular medication please consult with your physician as soon as possible and consider changing to another medication that can be brought into Japan.
- You risk breaking the law and being arrested if you bring medication into Japan without the



necessary documentation or if you send medication by post. Please be sure to bring medication with you in your luggage when coming to Japan.

- If you take medication regularly you are advised to bring a referral letter from your physician written in English (or Japanese) that outlines details of your medical care. Please ensure that any letter is typed, as Japanese physicians may struggle to read handwritten letters.

Check Below Websites to Bring Your Medication

- 厚生労働省 (Kousei Roudousho, Ministry of Health, Labour, and Welfare)

The screenshot shows the official website of the Ministry of Health, Labour, and Welfare of Japan. The page is titled "Information for those who are bringing medicines for personal use into Japan". It provides detailed instructions on the importation of medicines, including a list of permitted items and their quantities. The list includes: Poison, Deadly poison, Prescription drug (Up to 1 month supply); Drug for external use (excluding Poison, Deadly poison, Prescription drug) (Up to 24 per one item); Injectable drug and Syringe for the drug (Up to 1 month supply); Only "Pre-filled Syringe" or "Self-injection Kit"; and Other Drugs, Quasi drugs (Up to 2 month supply).

<http://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html>

Information for those who are bringing medicines for personal use into Japan.

- 関東信越厚生局 (Kanto-Shinetsu Regional Bureau of Health and Welfare)

<https://kouseikyoku.mhlw.go.jp/kantoshinetsu/jiji/bana-warifuri.html>

The screenshot shows the website of the Kanto-Shinetsu Regional Bureau of Health and Welfare. The page is titled "Bringing/Importing Medicines (医薬品等の輸入手続き)". It provides information on the procedures for bringing medicines into Japan. The page includes a navigation menu, a search bar, and a list of links to related documents. The links are: "Import/Export Narcotics by carrying (PDF:65KB) (麻薬等の携帯輸出入について)", "Procedures of Bringing Medicines into Japan (ワード:154KB) (海外から日本へ入国される外国人の方)", and "As a resident, Importing Medication into Japan for Personal Use by mail (ワード:128KB) (日本国内にお住まいの外国人の方)".



1. Import/Export Narcotics by carrying

<https://kouseikyoku.mhlw.go.jp/kantoshinetsu/jji/documents/mayaku-keitaiyushutunyu28-eigo.pdf>

2. Procedure of Bringing Medication into Japan

Please download the file from the link above first. If you have further questions regarding medicines which you are bringing into Japan, please contact the bureau.

e-mail: yakkan@mhlw.go.jp

*** Please ensure that any letter is typed, as Japanese physicians may struggle to read handwritten letters.