

October, 2018

To Exchange Program and International Research Program Applicants,

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

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 detailed information regarding health insurance will be provided 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 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 about 10,000 JPY per measles vaccination shot. If you are planning on bringing your family, please make sure everyone has completed their vaccinations before arriving in Japan.

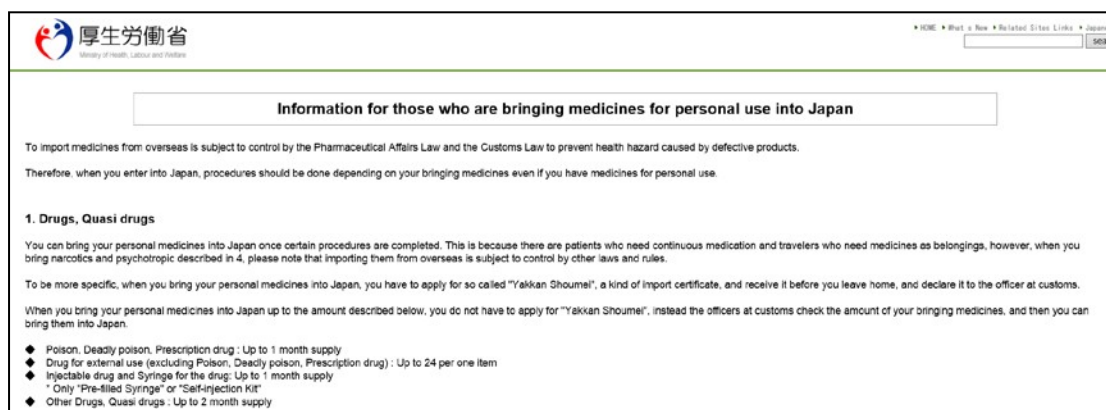
Bringing Your Medication to Japan

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 legal requirements for importing personal medications into Japan, including the need for a "Yakkan Shoumei" (import certificate) and the specific quantities allowed for various types of drugs. The page is written in English and includes a search bar at the top right.

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

To import medicines from overseas is subject to control by the Pharmaceutical Affairs Law and the Customs Law to prevent health hazard caused by defective products.
Therefore, when you enter into Japan, procedures should be done depending on your bringing medicines even if you have medicines for personal use.

1. Drugs, Quasi drugs

You can bring your personal medicines into Japan once certain procedures are completed. This is because there are patients who need continuous medication and travelers who need medicines as belongings, however, when you bring narcotics and psychotropic described in 4, please note that importing them from overseas is subject to control by other laws and rules.

To be more specific, when you bring your personal medicines into Japan, you have to apply for so called "Yakkan Shoumei", a kind of import certificate, and receive it before you leave home, and declare it to the officer at customs.

When you bring your personal medicines into Japan up to the amount described below, you do not have to apply for "Yakkan Shoumei", instead the officers at customs check the amount of your bringing medicines, and then you can bring them into Japan.

- ◆ 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"
- ◆ 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/iji/bana-warifuri.html>

1. Import/Export Narcotics by carrying

<https://kouseikyoku.mhlw.go.jp/kantoshinetsu/iji/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.