

Importing Medication to Japan

1. Import of Medication Certification (*Yakkan Shoumei*)

Short-list Candidates Only

Please note that JET applicants must submit the Import of Medication Certification to the CLAIR Office in Tokyo as instructed below, NOT the JET Program Office. In order to submit Import of Medication Certification paperwork, you will require an itinerary letter from the JET Program Office, so please request this letter in a timely manner.

Please note that obtaining a Yakkan Shoumei takes 3-4 weeks. If you plan to bring any medication with you to Japan, you must have this form with you when you arrive at Narita International Airport!

The following medication types and amounts are permitted to be brought into Japan **without** a *Yakkan Shoumei* (Import of Medication Certification)

<u>Prescription medicines:</u>	1 month supply or less (including birth control pills)
<u>Non-prescription medicines:</u> (e.g. hair dye, eye drops)	2 month supply or less (including contact lenses)
<u>Vitamins:</u>	4 month supply or less
<u>Over-the-counter treatments:</u> (e.g. cosmetics, sanitary items)	24 pieces or less per item; for external use only
<u>Asthma inhalers:</u>	1 per person
<u>Psychotropic drugs:</u> (e.g. Ritalin)	1 month supply ONLY IF it contains 1.7g or less of methylphenidate
<u>Syringes:</u>	None without prior permission (namely, the Yakkan Shoumei)

The following medical products are **restricted** and **no amount may be brought into Japan:**

- Sudafed® (or any product containing more than 10% pseudoephedrine)
- Vicks® brand inhalers
- Methadone
- Stimulants (amphetamine and methamphetamine, e.g. Adderall)
- Psychotropic drugs containing **more than** 1.8g of methylphenidate

To bring more than the allowed amounts or a restricted medical product into Japan, see the following steps necessary to apply for an "Import Report of Medication" (*Yakkan Shoumei*) certificate from the Japanese Ministry of Health, Labor and Welfare (MHLW).

This guide is not exhaustive, and the following resources should also be reviewed:

1. General Information Handbook (GIH), section 1.4.8.: “Medication, Medical Products, Cosmetics, and Pharmaceuticals” (pages 25-29)

The GIH can also be viewed as a pdf on the JET Program Homepage in the “Publications” Section:
<http://www.jetprogramme.org/e/current/pubs/gih.html>

2. Ministry of Health Labor and Welfare:

<http://www.mhlw.go.jp/english/topics/import/index.html>

Please note that you are responsible for researching your own medications to verify whether or not they are legal in Japan. If you choose to bring more than the allowed amount of a medication into Japan, with or without a Yakkan Shoumei, or attempt to bring in substances which are not legal in Japan, you do so at your own risk. Just this year, an American teacher (not with the JET Program) was jailed for attempting to smuggle in her Adderall prescription.

2. Instructions for Obtaining a Yakkan Shoumei

If you need to apply for a *Yakkan Shoumei* Certificate, CLAIR will collect all applications on your behalf and submit them to the Kantō-Shin’etsu Regional of Health and Welfare. If you do not provide all necessary forms, the yakkan shoumei will not be issued. If you do not have a yakkan shoumei with you and attempt to bring medications into Japan, they may be confiscated. Please email the application materials described below directly to CLAIR **at least two weeks before your arrival**.

Download *Yakkan Shoumei* Certificate application forms from the Chicago JET 2015 Documents page: http://www.chicago.us.emb-japan.go.jp/JIC/jet_doc2015.html.

Each form includes a SAMPLE to help you complete the form.

- o **Import Report of Medication** (two copies for each medication)
- o **Explanation of Pharmaceutical Product** (one for each medication)
- o **Medical Prescription** (one for each medication)
- o **Itinerary Letter from the JET Program Office** (one)

If you have a medical product such as a CPAP machine, you will need this form to import:

- o **Explanation of Product Other than Pharmaceutical** (one for each product)

These documents and further explanations are also available online at

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

Each of the forms provided above has a sample provided on the second page, after the actual form.

Fill out the forms as instructed. The Medical Prescription for each medication must be obtained directly from your physician. The Itinerary Letter must be requested from the JET Program Office.

Email the application forms directly to CLAIR at yakkan@clair.or.jp

If you are unable to email the forms, they may alternatively be sent by post to:

ATTN: Yakkan Shomei Desk
Implementation Division
Department of JET Programme Management
Council of Local Authorities for International Relations (CLAIR)
Sogo-Hanzomon Building 6F,
1-7 Kojimachi, Chiyoda-ku, Tokyo
Japan 102-0083

Your completed *Yakkan Shoumei* certificate will be sent to the JET Program Office. It will be provided to you at the Pre-Departure Orientation.

You must submit this form to the customs desk when you arrive in Japan