



## Importing Medication to Japan

\*If you are not a JET participant, please contact the Ministry of Health  
(<http://www.mhlw.go.jp/english/index.html> )\*

### **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 Japanese Ministry of Health, Labor and Welfare (MHLW) as instructed below, NOT the JET Program Office.

**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*)

Prescription medicines:

**1 month** supply or less (including birth control pills)

Non-prescription medicines:

**2 month** supply or less (including contact lenses)

(e.g. hair dye, eye drops)

Vitamins:

**4 month** supply or less

Over-the-counter treatments:

**24 pieces** or less per item; for external use only

(e.g. cosmetics, sanitary items)

Asthma inhalers:

**1 per person**

Psychotropic drugs:

**1 month supply ONLY IF** it contains 1.7g or less of methylphenidate

(e.g. Ritalin)

Syringes:

**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 1.4.7.: “Medication, Medical Products, Cosmetics, and Medical Equipment” (pages 25-31)

The GIH can also be viewed as a pdf on the JET Program Homepage in the “Publications” Section: <http://jetprogramme.org/en/gih/> (**Please note that the link the MLHW website listed in the GIH is incorrect. Please use the link listed in #2. Below**)

2. Ministry of Health Labor and Welfare: <http://kouseikyoku.mhlw.go.jp/kantoshinetsu/iji/bana-warifuri.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 last 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 do not provide all necessary forms as listed below, 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 submit the application materials described below **at one month before your departure**.

Download *Yakkan Shoumei* Certificate application forms\* from the Chicago JET 2016 Documents page: [http://www.chicago.us.emb-japan.go.jp/itpr\\_en/jet\\_doc2016.html](http://www.chicago.us.emb-japan.go.jp/itpr_en/jet_doc2016.html)

*\*The Medication Import Report and Product Explanation Forms are bundled together in the “Yakkan Shoumei Application Forms and Samples” Word document.*

Each form is accompanied by a SAMPLE to help you complete the form.

- o **Medication Import Report** (two copies for each medication)
- o **Product Explanation Form** (one for each medication)
- o **Medical Prescription** (one for each medication)

o **Arrival Date Documentation [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 (including over-the-counter medications) must be obtained directly from your physician. The Itinerary Letter is provided by the JET Program Office at your Consulate.

Mail the forms to:

Pharmaceutical Inspector

Section of Inspection and Guidance

Kanto-Shin'etsu Regional Bureau of Health and Welfare

Ministry of Health, Labour and Welfare

Saitama-Shintoshin Godochosa 1, 7<sup>th</sup> Floor

1-1 Shintoshin, Chuo-ku, Saitama City

Saitama Prefecture, JAPAN 330-9713

**Please note that JET Program participants are required to physically mail their Yakkan Shoumei documents to the Kanto-Shin'etsu Regional Bureau of Health and Welfare. You cannot email them.**

Your completed *Yakkan Shoumei* certificate will be sent to the JET Program Office at your departure Consulate. 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.

If you have any questions about the Yakkan Shoumei application, please contact the MHLW at [yakkan@mhlw.go.jp](mailto:yakkan@mhlw.go.jp).