

# Q & A

for those who are bringing medicines into Japan

### **Q1. Can I bring any prescription medicine into Japan?**

A1. You can bring any prescription medicine into Japan with you without any special procedure on condition that

- (1) you bring it only for your own use
- (2) it is not any prohibited drug such as Methamphetamine in Japan,
- (3) it is not any especially controlled drug such as Narcotics in Japan,
- (4) and its quantity is up to one-month supply.

### **Q2. How can I bring more than one-month supply of any oral or external prescription medicine only for my own use into Japan?**

A2. You can bring more than one-month supply of any prescription medicine, if you apply for an official certificate named “Yakkan Shoumei” , and obtain it prior to your departure.

### **Q3. How can I bring any injection and injector only for my own use into Japan?**

A3. You can bring up to one-month supply, only for your own use. If you bring more than that, you should apply for a “Yakkan Shoumei”.

### **Q4. How can I receive a “Yakkan Shoumei”?**

A4. You have to submit the application documents by e-mail, or post mail. If your application documents are complete, Pharmaceutical Inspector issues “Yakkan Shoumei” and sends it back to you either by e-mail or post (when a return envelope with postage is provided) .

### **Q5. What kind of documents is required for a “Yakkan Shoumei”?**

A5. The following documents are required for a “Yakkan Shoumei”.

1) **Import Report of Medication** (with **your signature**, and **2 originals** required). Fill in the application form (see the “Application Forms” attached) according to the sample.

2) **Explanation of Pharmaceutical Products or Explanation of Products.**

Fill in the form (as the sample provided). Alternative documents, pamphlets by manufacturers and so on, can be accepted, if they show the descriptions required in the forms.

3) **Copy of Prescription or Direction for medicines with doctor’s signature**, Pharmaceutical Inspector can confirm your name and the name and the quantity of each medicine only for your own use clearly. The date of issue should be within 6 months.

4) **Document indicating Arrival Date and Place** ( e.g. Copy of Airline Ticket or Flight Itinerary. )

5) In case you want to receive a Yakkan Shoumei by post mail, please provide a **Return Envelope** with address where you want to receive and “Coupon–Réponse International” or “International Postal Money Oder for US\$2.00 worth” that is available at post offices as postage.

#### **Q6. To which office can I submit application documents for a “Yakkan Shoumei”?**

A6. If you arrive at, Narita or Haneda International Airport, or Shin Chitose, you have to submit the application documents to our office. The address is

By post mail: Pharmaceutical Inspector

Section of Inspection and Guidance,  
Kanto-Shin'etsu Regional Bureau,  
Ministry of Health, Labour and Welfare  
Saitama-Shintoshin Godochosha 1, 7th floor,  
1-1 Sintoshin, Chuo-ku, Saitama City, Saitama Prefecture, JAPAN 330-9713

By e-mail: [yakkan@mhlw.go.jp](mailto:yakkan@mhlw.go.jp)

If you arrive at Kansai, Chubu or Fukuoka International Airport, you have to submit the application documents to Kinki Regional Bureau. The address is:

By post mail: Pharmaceutical Inspector

Section of Inspection and Guidance,  
Kinki Regional Bureau,  
Ministry of Health, Labour and Welfare,  
Ohue Bilding, 7th floor,  
1-1-22 Nonin Bashi, Osaka City, Chuo-ku, Osaka Prefecture, JAPAN 540-0011

By e-mail: [kiyakuji@mhlw.go.jp](mailto:kiyakuji@mhlw.go.jp)

If you arrive at Naha Airport, you have to submit the application documents to Okinawa Narcotics Control Office, the Kyushu Regional Bureau. The address is:

By post mail: Pharmaceutical Inspector

Section of Inspection and Guidance,  
Okinawa Narcotics Control Office,  
Kyushu Regional Bureau of Health and Welfare  
Ministry of Health, Labour and Welfare,  
Naha-Daiichi-Godochosha, 6th floor,  
1-15-15 Higawa, Naha City, Okinawa Prefecture, JAPAN 900-0022

By e-mail: [okinawa-yakuji@mhlw.go.jp](mailto:okinawa-yakuji@mhlw.go.jp)

**Q7. What shall I do, if I receive a “Yakkan Shoumei”?**

A7. A “Yakkan Shoumei” is that one of your two Import Report of Medication forms, where is returned with officially stamped, numbered and sealed by Pharmaceutical Inspector. You have to bring the “Yakkan Shoumei” (e-mail copy is fine) with your medicines and show it to the Customs when you arrive in Japan. It will be valid only when the amount of your medications is the same (or less) as indicated on the “Yakkan Shoumei” . You have to take care never to correct the “Yakkan Shoumei” , or it becomes invalid.

**Q8. How long does it take to receive a “Yakkan Shoumei”?**

A8. By e-mail: It takes approximately 1-4 days.

By post mail: It depends on the completeness of your application documents and days by post required. If you are in North America, Europe or Australia, it takes about a week to reach Japan by post and another week to return to you.

**Q9. What shall I do, if my application is rejected because of lack of documents?**

A9. If your application documents are not complete, the Pharmaceutical Inspector may request the additional or revised documents. If you write your e-mail address or fax number on the form, you can receive his request more rapidly. Please write down your address, tel/fax number or e-mail address clearly and correctly.

**Q10. How can I bring Narcotics, if I need them by all means in order to treat my disease?**

A10. If you need to bring Narcotics (Hydrocodone, Fentanyl and so on) into Japan in order to treat your disease, you have to apply for a Special Certificate issued by Narcotics Control Department, which is a Special Police for Narcotics. If you are found with Narcotics in Japan without a Special Certificate, you can be arrested as a criminal on the spot, immediately, without a warrant in principle. In case you arrive at Narita or Haneda International Airport, you contact the following for the certificate.

Narcotics Control Department,

Kanto-Shin'etsu Regional Bureau, Ministry of Health, Labour and Welfare

( TEL ; +81-3-3512-8691 )

( FAX ; +81-3-3512-8689 )

( e-mail ; [tokyoncd@mhlw.go.jp](mailto:tokyoncd@mhlw.go.jp) )

**Q11. Is Codeine Phosphate one of Narcotics in Japan?**

A11. Any medicine containing Codeine Phosphate more than one percent is defined as one of Narcotics in Japan.

**Q12. Can I bring a stimulant into Japan?**

A12. Any medicine containing Methamphetamine or Amphetamine is defined as one of “ Prohibited Stimulants” and strictly restricted in Japan. Nobody can bring it (Adderall and so on) into Japan. If you are found with any medicine above illegally in Japan, you can be arrested as a criminal on the spot, immediately, without a warrant in principle.

**Q13. Can I bring Pseudoephedrine into Japan?**

A13. Any medicine containing more than 10 % of Pseudoephedrine is defined as one of Stimulant Raw Materials in Japan and you cannot bring it into Japan.

**Q14. What shall I do, if I have further questions regarding medicines which I am bringing into Japan?**

A14. Please contact any Pharmaceutical Inspector in our office by fax(+81-48-601-1336) or e-mail ([yakkan@mhlw.go.jp](mailto:yakkan@mhlw.go.jp)).

[別紙第 1 号様式]

※ ( ) 輸入報告書 (Import Report of Medication)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Year) (Month) (Date)

(To Minister of Health, Labour and Welfare)

厚生労働大臣殿

Name of Importer \_\_\_\_\_  
 Importer's Signature \_\_\_\_\_  
 Address of Importer \_\_\_\_\_  
 \_\_\_\_\_  
 Phone Number \_\_\_\_\_  
 Fax Number \_\_\_\_\_  
 e-mail \_\_\_\_\_@\_\_\_\_\_

| 品 名 (Name and Size of the Import Products)                     |   | 数 量 (Quantity)   |  |
|--|---|--|--|
|  |   |  |  |
| 輸入の目的<br>(Purpose of Import)                                   | <input type="radio"/> ① For Personal Use<br><input type="radio"/> ② Other Purpose ( )   |  |  |
| 誓約事項<br>(Oath)   | <input type="checkbox"/> The purpose of the import listed below is solely for use of myself, not for commercial use and/or not gift for others. |  |  |
| 製 造 業 者 名 及 び 国 名 (Name of Manufacturer and Country of Origin) |   |  |  |
|  |   |  |  |
| 輸 入 年 月 日<br>(Import Date / Arrival Date)                      | AWB、B/L 等の番号<br>(AWB No. , B/L No. or Flight No.)   | 到着空港、到着港又は蔵置場所<br>(Arrival place ( Airport, port or Storage place )) |  |
| _____/_____/_____<br>(Year) (Month) (Date)                     |   |  |  |
| 備考   | (Note)  |  |  |
| 厚生労働省<br>確認欄   | (For Official Use) 特記事項<br><br>厚生労働省 関東信越 厚生局<br>薬事監視専門官<br>毒物劇物監視員   |  |  |

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[別紙第 4 号様式]

商 品 説 明 書 (Explanation of Pharmaceutical Products)

(Purpose of Import : For personal use or for treatment of the patient)

|  |   |
|--|---|
| <p>商 品 名<br/>(Name of product)</p>   |   |
| <p>化学名、一般的<br/>名称又は本質<br/>(Chemical Name or<br/>Active Ingredients Name)</p> | <p>①ヒアルロン酸(Hyaluronic acid) ②ボツリヌス毒素(Botulinum toxin)<br/>③アスコルビン酸(Ascorbic acid)<br/>④歯牙漂白剤(Dental bleach) ⑤ミノキシジル(Minoxidil)<br/>⑥ベバシズマブ(Bevacizumab, Avastin) ⑦サリドマイド(Thalidomide)<br/>⑧不活化ポリオワクチン(Inactivated Poliovirus Vaccine)<br/>⑨リドカイン(Lidocaine) ⑩メラトニン(Melatonin)<br/>⑪ヨウ化カリウム(Potassium iodine) ⑫タミフル(Tamiflu, Oseltamivir)<br/>⑬シルデナフィル(Sildenafil, Viagra) ⑭漢方(Kampo products)<br/>⑮その他(Other) ( )</p>   |
| <p>用 途<br/>(Intended purpose)</p>  | <p>①ガン治療(Cancer treatment) ②強壯剤・ED薬(Tonic medicine, ED medicine)<br/>③うつ・気分障害・不眠治療(Treatment for Depression, Anxiety Disorder, Insomnia)<br/>④栄養補充(Supplement) ⑤美容(Beauty)<br/>⑥痩身効果(Slim figure, Weight Reduction) ⑦避妊(Birth control)<br/>⑧アレルギー治療(Allergy treatment) ⑨育毛(Hair Restoration)<br/>⑩ワクチン(Vaccine) ⑪皮膚麻酔(Topical anesthesia)<br/>⑫眼科治療(Ophthalmology treatment) ⑬歯科治療(Dental treatment)<br/>⑭特定疾病*治療(Specific disease treatment)<br/>⑮震災関連(Earthquake disaster relations) ⑯動物の治療(Animal treatment)<br/>⑰その他(Other) ( )<br/>※特定疾病：介護保険法施行令第2条に規定する疾病（ガンを除く。）<br/>(※Specific disease; Disease prescribed in Nursing Care Insurance Law enforcement order Article 2. (Cancer is excluded.))</p> |
| <p>具体的な用途<br/>(効能・効果、用法)<br/>(Efficacy, Dosage)</p>                          |   |
| <p>規 格<br/>(Specifications)</p>  |   |

[別紙第 5 号様式]

商 品 説 明 書 (Explanation of Products)

(Pharmaceutical Products are excluded)

|  |  |
|--|--|
| 商 品 名<br>(Name of product)   |  |
| 化学名、一般的<br>名称又は本質<br>(Chemical Name or<br>Active Ingredients Name) |  |
| 用 途<br>(効能・効果)<br>(Efficacy)                                       |  |
| 規 格<br>(Specifications)  |  |



(Sample)

[別紙第4号様式]

商 品 説 明 書 (Explanation of Pharmaceutical Products)

(Purpose of Import : For personal use or for treatment of the patient)

|  |   |
|--|---|
| 商 品 名<br>(Name of product)   | Aspirin tablet 200mg  |
| 化学名、一般的<br>名称又は本質<br>(Chemical Name or<br>Active Ingredients<br>Name)<br>Put "Circle" on item. | ①ヒアルロン酸(Hyaluronic acid) ②ボツリヌス毒素(Botulinum toxin)<br>③アスコルビン酸(Ascorbic acid)<br>④歯牙漂白剤(Dental bleach) ⑤ミノキシジル(Minoxidil)<br>⑥ベバシズマブ(Bevacizumab, Avastin) ⑦サリドマイド(Thalidomide)<br>⑧不活化ポリオワクチン(Inactivated Poliovirus Vaccine)<br>⑨リドカイン(Lidocaine) ⑩メラトニン(Melatonin)<br>⑪ヨウ化カリウム(Potassium iodine) ⑫タミフル(Tamiflu, Oseltamivir)<br>⑬シルデナフィル(Sildenafil, Viagra) ⑭漢方(Kampo products)<br>⑮その他(Other) ( Acetyl Salicylic Acid )  |
| 用 途<br>(Intended purpose)<br>Put "Circle" on purpose.  | ①ガン治療(Cancer treatment) ②強壮剤・ED薬(Tonic medicine, ED medicine)<br>③うつ・気分障害・不眠治療(Treatment for Depression, Anxiety Disorder, Insomnia)<br>④栄養補充(Supplement) ⑤美容(Beauty)<br>⑥痩身効果(Slim figure, Weight Reduction) ⑦避妊(Birth control)<br>⑧アレルギー治療(Allergy treatment) ⑨育毛(Hair Restoration)<br>⑩ワクチン(Vaccine) ⑪皮膚麻酔(Topical anesthesia)<br>⑫眼科治療(Ophthalmology treatment) ⑬歯科治療(Dental treatment)<br>⑭特定疾病*治療(Specific disease treatment)<br>⑮震災関連(Earthquake disaster relations) ⑯動物の治療(Animal treatment)<br>⑰その他(Other) ( Antipyretic analgesics )<br>※特定疾病：介護保険法施行令第2条に規定する疾病（ガンを除く。）<br>(※Specific disease; Disease prescribed in Nursing Care Insurance Law enforcement order<br>Article 2. (Cancer is excluded.)) |
| 具体的な用途<br>(効能・効果、用<br>法) (Efficacy, Dosage)  | <b>【Efficacy】</b><br>Antipyretics, analgesics and anti-inflammatory agents<br><b>【Dosage】</b><br>Adults : 1 tablet every four hours as needed   |
| 規 格<br>(Specifications)  | Aspirin tablets cases in a box aluminum laminate 10 tablets.  |

(Sample)

[別紙第 5 号様式]

商 品 説 明 書 (Explanation of Products)

(Pharmaceutical Products are excluded)

|  |   |
|--|---|
| 商 品 名<br>(Name of product)   | xx-PAP Machine Set<br>• xx-PAP Machine<br>• xx-PAP Mask<br>• Tube                                   |
| 化学名、一般的<br>名称又は本質<br>(Chemical Name or<br>Active Ingredients Name) | • xx-PAP Machine<br>• xx-PAP Mask ( For replacement )<br>• Tube( For replacement)                   |
| 用 途<br>(効能・効果)<br>(Efficacy)                                       | Treatment for sleep apnea syndrome  |
| 規 格<br>(Specifications)  | • xx-PAP Machine<br>Model; xx<br>• xx-PAP Mask<br>Size; xx<br>• Tube<br>Size; Taper: xx. Length: xx |