

REQUIREMENTS FOR BRINGING MEDICINES INTO JAPAN FOR PERSONAL USE

1) You are **RESTRICTED** from bringing the following medicinal products into Japan,

- Sudafed[®] (or any product containing more than 10% pseudophedrine)
- Vicks[®] brand inhalers
- Methadone

2) You are **PERMITTED** to bring into the Japan up to the following amounts of...

- Prescription medicines: **1 month** supply or less
- Non-prescribed medicines: **2 month** supply or less
- Vitamins: **4 month** supply or less
- Over-the-counter ointments: **24 pieces** or less
- Asthma inhalers: **1 per person**
- Narcotics / Syringes **None** without prior permission

If you wish to bring **syringes, narcotics** or more than the above amounts, you must fill out the enclosed form and receive a permission certificate from the Japanese Ministry of Health, Labor and Welfare (MHLW).

For example, if you want to bring into Japan a 1-month supply of your prescription medication, you DO NOT need to fill out this form. If you want to bring in a 2-month supply, then you DO need to fill out this form.

Filling Out the Form - *Sample forms are provided*

The form consists of **three** pages, each with it's own title....

- *Import Report of Medication*
- *Declaration*
- *Explanation of the Product*

Follow the procedure below to fill out the form and send to JAPAN along with a self addressed Japanese stamped RETURN envelope (you can obtain a *Coupon-Réponse International, also known as an International Reply Coupon*, from any U.S. Post Office in lieu of Japanese postage). After you send it to Japan, you should receive a Permission Slip (Yakkan Shoumei) after a week or so.

1) Fill out and sign TWO copies of the *Import Report of Medication* (*Yes...two of the **same** form*)

2) Fill out and sign ONE copy of the *Declaration*

3) Fill out ONE copy of the *Explanation of the Product*

4) SEND by mail to JAPAN the following 6 items...(you may fax them as well if in a rush, but still send the originals by mail)

1. The TWO original filled out forms entitled *Import Report of Medication*
2. *Declaration*
3. *Explanation of the Products*
4. *Copy of your Prescription for the medicine*
5. *Copy of Airline Ticket or Official Flight Itinerary*
6. *Self addressed Japanese stamped Return Envelope (you may obtain a Coupon-Réponse International, also known as an International Reply Coupon, from the Post Office in lieu of Japanese stamps.)*

5) Hints

1. Provide information about the drug if it is unusual (brochures, etc.)
2. A letter from the doctor can be helpful, but is not absolutely necessary.
3. "Name of Importer" and "Address of Importer" is the person taking the medication to Japan. They must be the same.
4. "Purpose of Import" should be simple, i.e. *for personal use*
5. "Explanation of Product" should be precise, i.e. *2.5 mg tablets, contained in bottles, 60 tablets in a bottle*

This is the address in Japan to send your form IF you are arriving in Tokyo (if not, please see Q&A)...

Section of Medicinal Inspection and Guidance
 Kantou-Shinetsu Regional Bureau of Health and Welfare
 Ministry of Health, Labor and Welfare
 Saitama-shintoshin-Godochosha 1, 7th Floor, 1-1 Shintoshin
 Chuo-ku, Saitama City, Saitama Prefecture

JAPAN 330-9713

Fax: (+81-48) 601-1336 Phone: (+81-48) 740-0800