

IMPORT OF MEDICATION CERTIFICATION (YAKKAN SHOUMEI)

SHORT-LIST CANDIDATES - ONLY IF APPLICABLE

Please note that JET candidates must submit the Import of Medication Certification application directly to the Ministry of Health, Labor, and Welfare as instructed below. Do not send the documents to 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.

******* Processing time for a Yakkan Shoumei can take up to 4 weeks.** If you plan to bring any medication with you to Japan, you should apply for the Yakkan Shoumei **at least a month** before departure. **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 Shoumeisho* (*Certificate to Import Medication*)

| | |
|--|--|
| Prescription medicines: | 1 month supply or less (including birth control pills) |
| Non-prescription medicines: (e.g. hair dye, eye drops) | 2 month supply or less (including contact lenses) |
| Vitamins: | 4 month supply or less |
| Over-the-counter treatments: (e.g. cosmetics, sanitary items) | 24 pieces or less per item; for external use only |
| Asthma inhalers: | 1 per person |
| Psychotropic drugs: (e.g. Ritalin) | 1 month supply <u>ONLY IF</u> it contains 1.7g or less of methylphenidate |
| 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, Vyvanse)
- 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 Pharmaceuticals” (pages 26-31). The GIH can also be viewed as a pdf on the JET Program Homepage in the “Publications” Section: <http://jetprogramme.org/en/gih/>
2. Embassy of Japan in the United States of America: <http://www.us.emb-japan.go.jp/english/html/medication-info-japan.html>
3. 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. In 2015, an American teacher (not with the JET Program) was [jailed for attempting to smuggle in her Adderall prescription.](#)

INSTRUCTIONS FOR OBTAINING A YAKKAN SHOUMEI

If you need to apply for a *Yakkan Shoumei* Certificate, you must apply directly to the Ministry of Health, Labor 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 submit the application materials described below by email directly to the MLHW **at least one month before your arrival**.

1. Download *Yakkan Shoumei* Certificate application forms and obtain necessary documents.
 - [Import Report of Medication](#) (*two copies for each medication*)
 - Write your JET ID Number in the “notes” section.
 - Do not forget to print, sign, and scan the forms in order to email them to MHLW.
 - [Explanation of Pharmaceutical Product](#) (*one for each medication*)
 - *Medical Prescription* (*one for each medication, signed by your physician within the past 6 months*)
 - *Itinerary Letter from the JET Program Office* (*one*)
 - To obtain an itinerary letter from the JET Program Office, please contact your JET Program Coordinator at jetprogram@ws.mofa.go.jp

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

- [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.

2. Send the above required documents (**in PDF format**) by email to the Ministry of Health, Labor and Welfare: yakkan@mhlw.go.jp
 - a. Please send the email under the following subject line: [“JET – Your JET ID Number – Your Name”].
3. Your completed *Yakkan Shoumei* certificate will be emailed back to you. Once received, please print out the certificate (copies are recommended), and keep it in a safe place until departure.
4. You must submit this certificate to the customs desk when you arrive in Japan.

Note:

- If a family member is applying on behalf of the JET participant, please write the JET number, name and relationship to the JET participant in the remarks column.
- If you have any questions about *Yakkan Shoumei* Certificate applications, please contact the MHLW at yakkan@mhlw.go.jp