

## “Yunyu Kakunin-sho” Import of Medication Certification



### Shortlist candidates - only if applicable

**What is it?** The Yunyu Kakunin-sho, also known as the Import of Medication Certification, is a document that Japan customs may require upon arrival. The certification confirms that the prescription medication you brought with you is permitted to enter Japan. Even some over-the-counter medications and products require an Import of Medication Certification. Those who need to apply for the Yunyu Kakunin-sho should do so **at least a month** prior to departure as processing can take up to four weeks. **If required, you must have this certificate with you when you arrive to Japan - no exceptions!**

The following are permitted to be brought into Japan for personal use without a Yunyu Kakunin-sho:

Medication Type	Quantity allowed without Yunyu Kakunin-sho
Prescription medicines:	<b>1 month</b> supply or less (including birth control pills)
Non-prescription medicines and quasi-drug products:	<b>2 month</b> supply or less Up to 24 items each for products such as ointment, eye drops, antiperspirant, and toothpaste containing fluoride
Cosmetics:	<b>24 items</b> or less of each product <i>*For example, if you bring lipstick into Japan, you can only have up to 24, regardless of brand or color</i>
Vitamins:	<b>4 month</b> supply or less
Asthma Inhalers:	<b>1 month</b> supply or less
Disposable medical products: (e.g. sanitary items, disposable contact lenses)	<b>2 month</b> supply or less (for contact lenses, up to 60 pairs of daily disposable lenses); for external use products only
Medical devices intended for household use: (e.g. CPAP machine)	<b>Up to one (1) set</b>
Self-administered injection kit, pre-filled syringes (e.g. insulin):  ( <i>*Please see note →</i> )	<b>1 month</b> supply or less <i>*As a rule, syringes and medications administered by injection, excluding self-administered injections of drugs such as insulin, are <u>not allowed</u></i>
Psychotropic drugs: (e.g. Ritalin)  <i>* If bringing psychotropic medication, a prescription or documentation from a physician may be necessary regardless whether or not the amount you need exceeds the above limits.</i>	<b>Narcotics, Psychotropics, and stimulant raw material</b> <u>are</u> subject to different rules and regulations.  Check <a href="#">here</a> for allowable amounts for psychotropics. If your medication exceeds the amount listed on this chart, you will need to seek permission separately from the NCD (Narcotics Control Department). NCD has an <a href="#">Application Guidance</a> page to help you determine which items require the NCD application form. The page also highlights what is prohibited from entering Japan.

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**Note from the JET Program Office:** Please remember that medication readily available over the counter in the United States or another country may be illegal and prohibited from being brought into Japan. Please check if the medication you are taking is allowed in Japan and consult with your physician.

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

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- Stimulants amphetamine, methamphetamine (INN: dexamphetamine, levamfetamine)
  - Adderall (contains amphetamine, dexamphetamine)
  - Nasal decongestant inhalants, such as Vicks® brand vapor inhalers (levamfetamine)
- Sudafed® (or any product containing more than 10% pseudoephedrine)
- Methaqualone

\*JET participants are responsible for researching their own medications to verify whether or not they are legal in Japan. If you chose to bring more than the allowed amount of a medication into Japan, with or without a *Yunyu Kakunin-sho*, 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](#).

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**As this guide is not exhaustive, please review the following resources ahead of your departure:**

**1. 2025 JET Programme's General Information Handbook (GIH)**

The General Information Handbook is a great resource that should be read through by all participants prior to departure. The following sections contain information related to the importation of medication and medical products:

- [General Information Handbook \(GIH\), section 1.4.6.: "Medication, Medical Products, Cosmetics, and Medical Equipment" \(pages 35, 37, 39\).](#)
  1. Allowable Limits to Bring or Ship to Japan (p.35)
  2. Bringing Quantities over the Allowable Limit (p.37)
  3. Having Quantities over the Allowable Limit Sent to You (p.37)
  4. If Your Prescription Runs Out (P.37)
  5. How to Apply for a Yunyu Kakunin-sho Certificate - Before Arrival (p.39)
- [General Information Handbook \(GIH\), section 1.4.7.: "Other" \(page 41\)](#)
  1. Contraceptives (p.41)
  2. Contact Lenses (p.41)

**2. From the Ministry of Health, Labour and Welfare of Japan official website**

- [Information for those who are bringing medicines for personal use into Japan](#)

**3. From the Narcotics Control Department of Japan**

- [Contents on carrying medicine containing controlled substances into Japan](#)
- ["Important Notice Leaflet" for foreigners and travelers entering Japan](#)

# How to Complete and Submit the Yunyu Kakunin-sho

## How to Complete and Submit:

**Important:** Please note that JET candidates must submit the Import of Medication Certification application directly to the Ministry of Health, Labour, and Welfare (MHLW) through their online processing portal. **Do not send the documents to the JET Program Office.**

To apply for a *Yunyu Kakunin-sho* Certificate, JET Programme participants must provide all of necessary forms to the Ministry of Health, Labour, and Welfare through their website's portal. If you do not have a *Yunyu Kakunin-sho* with you at the time of arrival and attempt to bring medications above the allowable limit into Japan, they may be confiscated.

**Step 1:** Determine if you need the Import of Medication Certification for your medications

**Step 2:** Access the MHLW's online processing portal and create an account here:

- <https://impconf.mhlw.go.jp/aicpte/page/login.jsp?lang=en>

*\*Note: you will first need your flight information to complete the application*

**Manual for Applicant Common Functions (Account Set-up and Login)**

- [https://impconf.mhlw.go.jp/manual/manual\\_common\\_en.pdf](https://impconf.mhlw.go.jp/manual/manual_common_en.pdf)

**Manual for Applicant Application Functions (How to Use Application Portal)**

- [https://impconf.mhlw.go.jp/manual/manual\\_application\\_en.pdf](https://impconf.mhlw.go.jp/manual/manual_application_en.pdf)

**Step 3:** Secure an Itinerary Letter from your JET Coordinator / JET Program Office

Invoice	A file has not been selected
Delivery	
Copy of Product	
Prescription etc. by	

Please attach the invoice. If you do not have an invoice, please attach a "Content Inspection Confirmation" (for international cargo: customs broker) or a "Pending International Mail Item Inspection Form" (for international mail: customs) as an alternative document. If you are bringing medicines, etc. into Japan yourself, please attach a copy of your e-ticket or itinerary showing your name, flight number, and airport of arrival.

If you need to apply for the *Yunyu Kakunin-sho* through the MHLW website, inform your JET Program Coordinator via email as your JET Program Office will need to provide you with an itinerary letter for your application. This letter must be attached to the "Invoice" section of your Import of Medication Certification application. Your JET Program Office will fulfill your request for an itinerary letter after being provided your flight information from Nippon Travel Agency (NTA).

**Step 4:** Submit the required information and all necessary forms to complete the application.

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**If you have any specific questions about *Yunyu Kakunin-sho* application, or about importing specific medications to Japan, please contact the MHLW at [yakkan@mhlw.go.jp](mailto:yakkan@mhlw.go.jp).**

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