



## BRINGING MEDICATIONS FOR PERSONAL USE INTO JAPAN

### PROHIBITED/RESTRICTED MEDICATIONS (“CONTROLLED MEDICATIONS”)

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Please refer [here](#) for Japan’s “Controlled Substances list”, which a list of all substances that (are either prohibited to import in Japan or require to obtain a permission in advance if you need to bring them in Japan for personal use.

Each substance in the list falls under one of the following categories: N=Narcotics, P=Psychotropics, S=Stimulants, SRM=Stimulants' Raw Materials, C=Cannabis. For each substance, the list indicates whether it is Prohibited to import or not. The substances that are not Prohibited may be imported for personal use under conditions which depend on their category.

This list does not include brand names, so when checking for your medications, make sure to check the active ingredients.

- If a medication is listed as “Prohibited”, you will not be permitted to bring even a single pill into the country. Please note that this includes **all** cannabis and cannabis-derived products.  
Although no mentioned on the list, opium is also prohibited.
- Medications that are not Prohibited, but contain narcotics or stimulants’ raw material, will require submission of a specific application to the Japanese found [here](#). I would strongly recommend that you consider leaving these medications home. If you feel that they are essential, please read the instructions in that link very closely to ensure all required information is submitted. This process takes approximately 14 days and there is no guarantee that your request will be approved in a timely fashion by the Japanese government authorities. Even with a certificate, your entry into Japan through immigration will likely be prolonged.
- It is possible to bring certain psychotropic medications into Japan for personal use, but the quantities are restricted by total weight of the active drug, and in order to bring the medication into and out of Japan you will needs to bring a written certificate from a doctor indicating the name and home address of the patient, and name and quantity of the medication. If the quantity of the psychotropic medication exceeds a one-month supply or any injectable psychotropic medications, you will need to apply for and receive an import certificate called a Yakkan-Shoumei prior to leaving for Japan. This certificate must be declared to the officer at customs upon arrival.

### 30-DAY SUPPLY (MEDICATIONS NOT ON THE “CONTROLLED SUBSTANCES LIST”)

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- For medications that are not listed on the “[Controlled Substances list](#)”, you may bring up to a 30-day supply of that medication without applying for a Yakkan-Shoumei. See further explanation [here](#).

- For those who will be in Japan **over 30 days** and are taking medication that is not on the “Controlled Substances List”, you must apply for and receive a Yakkan-Shoumei, in advance of your departure to Japan if you want to bring in more than a 30-day supply of your medication. You should complete this as soon as possible, as you will be required to bring a hard copy of the certificate when entering customs in Japan. **Many of these medications also require an export certificate or a doctor’s note with specific information to bring any remaining medications home.** Be sure to apply for and bring the necessary certificates and/or documentation for import and export of your medications. After applying for the certificates, please make sure to check your email and re-send if you have not heard within five business days. Review this [Q&A document](#) for additional information and clarification.

Find the application and process [here](#), which will require the prescription or medicine directions as well as a copy of your flight itinerary or ticket in a pdf version. Please make sure to use the appropriate application for the medication you are requesting (narcotic vs. stimulant application) and complete all necessary information and send to the correct email address based on the airport you will be traveling to.

You must bring a hard copy of your Yakkan-Shoumei certificate with you when entering customs in Japan.

## STIMULANTS

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- Strict restrictions exist around stimulants in Japan. As you will see on the “[Controlled Substances list](#)” and most stimulants are Prohibited (e.g. Amphetamine, Methamphetamine).
- There are two potential alternatives to stimulants for the treatment of ADHD that can be brought to Japan.
  - Lisdexamphetamine (Vyvanse) is a stimulants’ raw material and requires a Yakkan-Shoumei for import of any amount into Japan.
  - Methylphenidate (Ritalin) is a psychotropic medication. If you bring less than a 30-day supply or 2.16 gm, you do not need anything to import this medication. If you bring more than 2.16 gm, you will need to bring an import and export certificate. If you bring more than 30-day supply, you will need a Yakkan-Shoumei.
- Selegiline and pseudoephedrine (Sudafed) are stimulants’ raw material and require a Yakkan Shoumei to bring into Japan. Medications containing more than 10% pseudoephedrine cannot be brought into Japan.

## REMINDERS

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- Please make sure all medications are in the **original** prescription package.
- Do not bring more than a **30-day** supply of medications without Yakkan-Shoumei.
- For supplements/quasi drugs, you may have a two-month supply with you without a Yakkan-Shoumei certificate. Again, make sure to have them in the original prescription package.