

Posting Medicine for Personal Use to Japan

The same classifications that apply to bringing medicines into Japan also apply to sending medicines to Japan by post. These classifications are general, narcotic, psychotropic or stimulant medicines.

It is illegal /banned/prohibited to send a medicine by post that is classified as a narcotic, psychotropic or stimulant medicine. If these medicines are sent by post they will be seized by Customs and will therefore not arrive at the intended destination.

You can post general classed medicines to Japan but depending on the quantity, the importer may be required to apply for a Yakkan Shoumei when the medicine reaches customs in Japan. If the sender of the parcel knows that the importer will need to apply for a Yakkan Shoumei, please indicate on the parcel, and inform the importer of the parcel that he/she will need to do so.

For example, if the sender wants to send by post over the limit of a prescription medicine to Japan, Customs will notify the importer of its arrival, and the importer in Japan will need to follow the application procedure below to apply for a Yakkan Shoumei. Once customs receives the importers Yakkan Shoumei certificate, the medicine will be released and it will arrive at its destination. But if for example, you want to send less than one month's supply of a prescription medicine to Japan, you do not need to apply for any certificates/permissions, and the medicine will reach the intended address in Japan with no problems.

If your medication for personal use is quarantined at Customs, you should obtain an import certificate called a "Yakkan Shoumei" from the Ministry of Health, Labor and Welfare to receive the parcel. Applications form and the postal address can be found [HERE](#).

1. Two originals of the Import Report of Medication (with signature)
2. Explanation of Product
3. A copy of your Doctor's prescription or letter
4. A copy of the notice from Customs
5. A copy of the Invoice (If a copy of the invoice is not available, the importer will need to ask Customs for a "Naiyo Tenken Kakuninsho" (内容点検確認書) which is "Proof of Contents in the Parcel" document.
6. A postage-paid return envelope in which the Pharmaceutical Inspector will return the certificate. Only those who live in Japan can apply for a Yakkan Shoumei and subsequently only those living in Japan will be eligible to have their certificate posted back to them in the postage-paid envelope they supply. The Pharmaceutical Inspector does not accept e-mail applications. The importer can either write down their own address or the address of Customs for quicker release on the return envelope. If the importer chooses to have the Yakkan Shoumei sent to their address, they will then need to send it to Customs themselves, so it might be easier if you get the certificate/permission sent straight to Customs.

****Do not enclose any documents required for application of a Yakkan Shoumei in the same package as the medicine (such as doctor's letters etc.). If you anticipate that you will be required to apply for a Yakkan Shoumei, you are advised to have these documents sent to you separately.****