





## If I get sick or injured in Kutchan & Niseko area, what should I do?

Here, you can find useful information about [Specialists hospitals, clinics, surgeries, pharmacies, drug stores,](#) Japanese healthcare system!



OTARU UNIVERSITY OF COMMERCE

Nonprofit Corporation SoRie

## Four Different Types of Medical Institutions in the Kutchan and Niseko area

Category	Explanation	Examples
Primary Care: family doctor/general practitioner (GP)	A family doctor/GP examines your condition thoroughly, i.e. primary care or general medical services. Primary care service is especially convenient if you find it difficult to decide which specialist you should visit. A family doctor/GP consults you and then either diagnoses and treats your condition at the surgery or refers you to a specialist.	◆ Niseko International Clinic
Primary Care (family doctor/GP) alongside Medical Specialists	Primary care/general medical services are offered whilst each doctor has their own medical specialty (e.g. stomach, heart). A clinic has a range of specialist medical devices and equipment.	◆ Niseko Clinic ◆ Kutosan Surgical Gastroenterologist Clinic
Specialists	Specialist consultations and treatments are available without any referral or appointments. Each doctor has their specialty and a specialist clinic is equipped with various medical devices and facilities.	◆ Niseko Neurosurgery Clinic ◆ Shirakaba Internal Medicine Clinic ◆ Sato Internal Medicine ◆ Ueda Orthopedic Surgery ◆ Yotei Pediatrics and Allergy Clinic
Hospital	A hospital consists of a number of medical departments and units that cover a range of specialties (including general medicine). It is equipped with various medical devices and facilities. A hospital normally offers outpatient and inpatient care.	◆ Kutchan Kosei General Hospital

## Three Different Category / Group of Japanese medicine

Category	Explanation	Examples
Prescription drugs	Drugs only available through prescription from a doctor after a medical consultation.	◆ Morning-After Pill
Behind the Counter Drugs First Class Over-the-Counter (OTC) Drugs	Drugs only available under the guidance or advice by a pharmacist. Contains more effective medical ingredients than second and third class OTC drugs.	◆ Anti-inflammatory drug (e.g. Loxonin S) ◆ Gastrointestinal drug (e.g. H2 blockers) ◆ Anti-herpes agents ◆ Anti-histamine (e.g. Claritin) ◆ Antifungal drug
Over-the-Counter Drugs (i.e. second-class OTC drugs and third-class OTC drugs)	Available at Japanese drugstores without any prescription or pharmacist advice.	◆ Cold remedy ◆ Anti-histamine ◆ Pain killers ◆ Disinfectants ◆ Eye drops ◆ Creams for itchy skin ◆ Vitamin pills

## Seeing a doctor in Japan



### 1. Visit a doctor

- No need for an appointment.
- First-come first-served basis, depending on each patient's condition.



### 2. Reception and Acceptance

- Fill in a medical sheet. Write down your personal information (e.g. phone number), your current condition and symptoms (e.g. broken leg) and your medical history (e.g. allergies).
- Check your insurance status. If you claim from an insurance company for the medical costs, you normally need a "medical certificate". If you need one, please request at reception.



### 3. Consultation and Medical Examination

- See a doctor to diagnose your symptoms and condition.
- On-site blood tests, X-ray, CT, ultra-sounds, endoscopic examination etc. can be offered --- even if you visit a small surgery and/or clinic.
- If necessary, you might be referred to another specialist or a hospital.



### 4. Payment and Check-out

- Must pay for your consultation fee.
- Receive your prescription.
- Your medication might be received here if in-house prescription service is available.



### 5. Visiting a Pharmacy

- Submit a prescription to any pharmacy within four days after your consultation.
- Receive prescribed drug with a brief explanation from a pharmacist.
- You can ask a pharmacist about your prescribed drug.

## Medical Emergency

Medical Emergency - Visit a local hospital

**Kutchan Kosei General Hospital (+81) 136-22-1141**

### Night-time medical service in Niseko & Kutchan

Kutchan Kosei General Hospital may offer a night-time consultation, depending on your condition and their available resources. *You should make a phone-call to the Hospital before you visit* in order to confirm whether or not they can accept you.

**Call an Ambulance → Dial 119**

## Do you have International Travel Insurance?

Medical service is NOT free of charge in Japan and can be expensive.

We recommend buying insurance for your stay in Japan.

Choose a suitable insurance policy that covers your medical cost and/or sports activities (e.g. skiing, rafting) that you have planned to enjoy.

Many insurance policies allow you to buy, extend and claim (online) anytime - even if you're already on the road.

## Pharmacies and Drugstores in the Kutchan and Niseko area

<b>A-1 Stella pharmacy</b> 3-10 Higashi 7 chome, Kita 3 jo, Kutchan Tel (+81) 136-21-7755 Mon, Tue, Thu, Fri 9:00-17:15 / Wed, Sat 9:00-12:45 Available Cash EN Available in English *It takes about 26 minutes by car from JR Kutchan Station(2km), and it costs about ¥890 by taxi. *It takes about 16 minutes by car from Gran Hirafu Ski Resort(11km), and it costs about ¥3,610 by taxi.	<b>A-2 Satsudora Drugstore Niseko Hirafu</b> 1st floor 188 Hirafu, 188-9 Aza Yamada, Kutchan Tel (+81)136-21-7551 11:00-21:00 Cash, Credit Card, China Union Pay, E-money Available EN Available in English *It takes about 13 minutes by car from JR Kutchan Station(7.5km), and it costs about ¥2,730 by taxi. *It takes about 9 minutes by car from Gran Hirafu Ski resort(700m), and it costs about ¥650 by taxi.	<b>A-3 Tsuruha Drug Store Kutchan</b> 15-5 Nishi 1 chome, Minami 6 jo, Kutchan Tel (+81) 136-21-5820 9:00-22:00 Cash, Credit Card, China Union Pay, E-money Available EN Available in English *It takes about 14 minutes by car from JR Kutchan Station(1.3km), and it costs about ¥650 by taxi. *It takes about 11 minutes by car from Gran Hirafu Ski Resort(7.2km), and it costs about ¥2,650 by taxi.	<b>C-4 Satsudora Drugstore Niseko Motomachi</b> 74-16 Motomachi, Niseko Tel (+81) 136-43-2250 9:00-21:00 Available Cash, Credit Card, China Union Pay, E-money EN Available in English *It takes about 17 minutes by car from JR Kutchan Station(14km), and it costs about ¥4,970 by taxi. *It takes about 15 minutes by car from Gran Hirafu Ski resort(13km), and it costs about ¥4,650 by taxi. *It takes about 27 minutes by car from JR Niseko Station(2.1km), and it costs about ¥890 by taxi.
<b>Other pharmacies</b> •Staffed by pharmacists •Located near hospitals and clinics •Can get prescribed drugs			

<b>A-5 Satsudora Drugstore Kutchan</b> 1-9 Higashi 1 chome, Minami 7 jo, Kutchan Tel (+81) 136-21-5035 9:00-21:45 Cash, Credit Card, China Union Pay, E-money Available EN Available in English *It takes about 17 minutes on foot, about 4 minutes by car from JR Kutchan Station(1.4km), and it costs about ¥650 by taxi. *It takes about 10 minutes by car from Gran Hirafu Ski Resort(7km), and it costs about ¥2,570 by taxi.	<b>A-6 Like pharmacy</b> 10-1 Nishi 3 chome, Kita 2 jo, Kutchan Tel (+81)136-21-5111 Weekdays 9:00-18:00/Sat 9:00-13:00 Available Cash, Credit Card, China Union Pay, E-money EN Available in English *It takes about 3 minutes on foot, about 2 minutes by car from JR Kutchan Station(200m), and it costs about ¥650 by taxi. *It takes about 12 minutes by car from Gran Hirafu Ski Resort(7.6km), and it costs about ¥2,570 by taxi.	<b>A-7 Yamaya pharmacy</b> 9 higashi 1 chome, Minami 3 jo, Kutchan Tel (+81)136-22-1293 Weekdays 9:00-18:30/ Sat 9:00-13:00 Available Cash EN Available in English *It takes about 10 minutes on foot, about 4 minutes by car from JR Kutchan Station(850m), and it costs about ¥650 by taxi. *It takes about 12 minutes by car from Gran Hirafu Ski Resort(7.6km), and it costs about ¥2,570 by taxi. *Take the Niseko Bus (Kutchan Line) and get off at "Kutchan Jijiga" station, then walk for 3 minutes.	<b>A-8 YOU pharmacy</b> 3-50 Higashi 3 chome, Minami 1 jo, Kutchan Tel (+81)136-23-0703 Weekdays 8:30-18:00/Sat 8:30-13:00 Available Cash EN Available in English *It takes about 14 minutes on foot, about 5 minutes by car from JR Kutchan Station(1.1km), and it costs about ¥650 by taxi. *It takes about 13 minutes by car from Gran Hirafu Ski Resort(8.4km), and it costs about ¥3,050 by taxi.	<b>A-9 Tsuruha Drug Store Kutchan Minami</b> Nishi 1 chome, Minami 11 jo, Kutchan Tel (+81) 136-21-2501 9:00-22:00 EN Available in English Available Cash, Credit Card, China Union Pay, Electronic money *It takes about 19 minutes on foot, about 5 minutes by car from JR Kutchan Station(2km), and it costs about ¥890 by taxi. *It takes about 9 minutes by car from Gran Hirafu Ski Resort(6.5km), and it costs about ¥2,250 by taxi.
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## Picture for physical symptoms and their description



- headache
- head injury



- fever



- Pain around abdomen
- Stomach ache
- Diarrhea



- nausea
- vomiting



- Physical condition of a baby or child eg. Constant crying, fever, vomiting, burns.



- Tooth pain
- Swelling of the gums



- Injury e.g. cut fingers, bruised knee, broken leg, sprained ankle, scratches on arm wounds on wrist



Injured site



- sore throat
- loss of voice
- coughing up phlegm
- coughing



- chest pain
- palpitations
- irregular pulse
- short of breath



- burns, scorched or scalded



- Accident Body Pains



- pain around lower back



- stiff neck



- painful knee



- Eye sore
- Itchy eyes
- Swelling of the eyelids

Niseko InternationalClinic	There are family doctors who can deal with various symptoms.
Niseko Clinic	
Kutosan Surgical Gastroenterologist Clinic	
Niseko Neurosurgery Clinic	If you get a bump on the head and/or other head injuries, and if you wish to see a doctor, you can see a brain specialist straight away here.
Shirakaba Internal Medicine Clinic	
Sato Internal Medicine	
Ueda Orthopedic Surgery	
Yotei Pediatrics and Allergy Clinic	
Kutchan Kosei General Hospital	It is a general hospital where a range of specialists work, thereby offering most types of treatment including surgical operation and hospitalization.
Boneage	
Kutchan Azuma ophthalmological clinic	
Dentist	

In the Niseko and Kutchan area, there are some clinics and surgeries other than the above. The listed institutions are those who have given us permission to publish here.

Prescription drugs Behind the Counter Drugs & First Class Over-the-Counter (OTC) Over-the-Counter Drugs (second and third class OTC) Pharmacist  
 Address Phone Open Hours Parking Payment EN Language Access information

\*See the map overlaid for locations.  
\*In the Niseko and Kutchan area, there are some pharmacies and drugstores other than the above.