

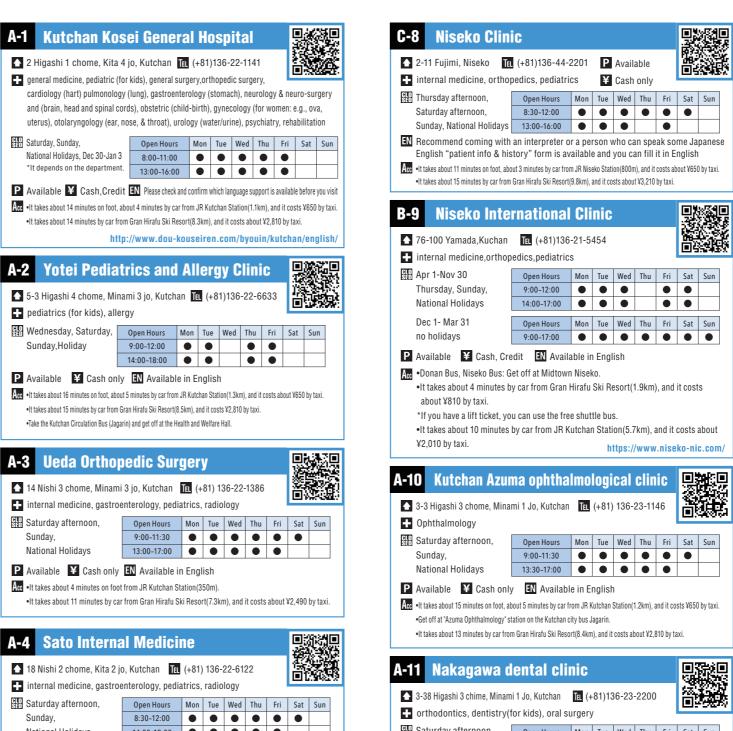
Mid Aug, July 2nd Saturday P Available ¥ Cash, Credit N Available in English Ace •It takes about 5 minutes on foot, about 2 minutes by car from JR Kutchan Station(450m), and it costs about ¥650 by taxi •It takes about 12 minutes by car from Gran Hirafu Ski Resort (7.9km), and it costs about ¥2.650 by taxi.

14:00-17:00

Wednesday afternoon,

Christmas and Holiday

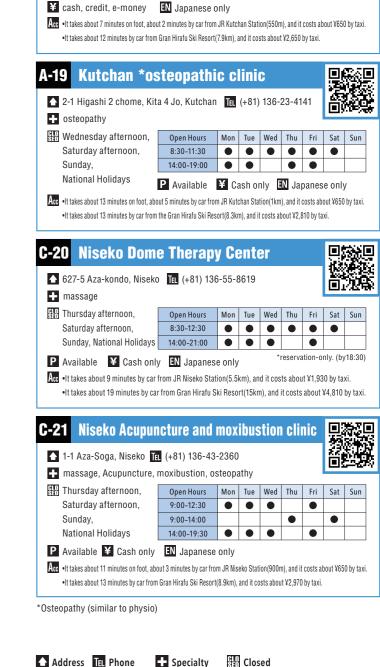
season, National Holidays,





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internal medicine, gastroenterology, p	ediatrics, radiology	IN LINESTEE			6 6	Ŋ,
Saturday afternoon, Open Hour	s Mon Tue Wed Thu Fri	i Sat Sun		ami 1 Jo, Kutchan TEL (+81)136	-23-2200	ij
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National Holidays 14:00-18:0			Saturday afternoon, Sunday,			Sat
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P Available ¥ Cash only EN Available in English App. •It takes about 13 minutes on foot, about 4 minutes by car from JB Kutchan Station(1km), and it costs about ¥650 by taxi ▲ Address IEL Phone ★ Specialty Still Closed •It takes about 13 minutes by car from Gran Hirafu Ski Resort(8 3km), and it costs about ¥2 810 by taxi P Parking ¥ Payment EN Language Access information

9:00-12:00

Open Hours Mon Tue Wed Thu Fri Sat Sun

9:00-19:00

Saturday afternoon.

National Holidays

Sunday.



## 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

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.	<ul> <li>Niseko Clinic</li> <li>Kutosan Surgical Gastroenterologist Clinic</li> </ul>
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.	<ul> <li>Niseko Neurosurgery Clinic</li> <li>Shirakaba Internal Medicine Clinic</li> <li>Sato Internal Medicine</li> <li>Ueda Orthopedic Surgery</li> <li>Yotei Pediatrics and Allergy Clinic</li> </ul>
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.	<ul> <li>Morning-After Pill</li> </ul>
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.	<ul> <li>Anti-inflammatory drug (e.g. Loxonin S)</li> <li>Gastrointestinal drug (e.g.H2 blockers)</li> <li>Anti-herpes agents</li> <li>Anti-histamine (e.g. Claritin)</li> <li>Antifungal drug</li> </ul>
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.	<ul> <li>Cold remedy</li> <li>Anti-histamine</li> <li>Pain killers</li> <li>Disinfectants</li> <li>Eye drops</li> <li>Creams for itchy skin</li> <li>Vitamin pills</li> </ul>

A-5 Satsudora Drugstore Kutchan 👨 🐉

↑ 1-9 Higashi 1 chome, Minami 7 jo, Kutchan 🔃 (+81) 136-21-5035

© 9:00-21:45 ¥ Cash,Credit Card, China Union Pay, E-money

¥ Cash, Credit Card, China Union Pay, E-money 

Available in English

•Take the Niseko Bus (Kutchan Line) and get off at "Kutchan Jujigai" station, then walk for 3 minutes

**1** 3-50 Higashi 3 chome, Minami 1 jo, Kutchan [EL] (+81)136-23-0703

© Weekdays 9:00-18:00/Sat 9:00-13:00 P Available

-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.

Acc •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 10 minutes on foot, about 4 minutes by car from JR Kutchan Station(850m), and it costs about ¥650 by tax
•It takes about 12 minutes by car from Gran Hirafu Ski Resort(7.6km), and it costs about ¥2,570 by taxi.

+It takes about 14 minutes on foot, about 4 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.

ſsuruha Drug Store Kutchan Minami 🖥 🐉

Acc •It takes about 19 minutes on foot, about 5 minutes by car from JR Kutchan Station(2km), and it costs about ¥890 by tax

It takes about 9 minutes by car from Gran Hirafu Ski Resort (6.5km), and it costs about ¥2,250 by taxi.

lt takes about 12 minutes by car from Gran Hirafu Ski Resort(7.6km), and it costs about ¥2,570 by taxi

P Available EN Available in English

Like pharmacy

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P Available ¥ Cash EN Available in English

© Weekdays 9:00-18:30/ Sat 9:00-13:00

)U pharmacy

(S) Weekdays 8:30-18:00/Sat 8:30-13:00

P Available ¥ Cash EN Available in English

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A-6

### 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





# 3. Consultation and

- 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
- 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.





InternationalClinic

## **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.

There are family doctors who can deal with various symptoms.

You can ask a pharmacist about your prescribed



# **Medical Examination**

small surgery and/or clinic. If necessary, you might be referred to another specialist

# Picture for physical symptoms and their description



headache head injury



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



Physical condition of a baby or child eq. Constant crying, ever, vomiting, burns.

Swelling of the gums

Tooth pain

e.g. cut fingers,

sprained ankle,

scratches on arm

bruised knee, broken leg,

Pain around abdomen

Stomach ache

Diarrhea

nausea

vomitina



lower back



stiff neck





painful knee





Itchv eves

Eye sore

Kutosan Surgical Gastroenterologis If you get a bump on the head and/or other head injuries, Niseko Neurosurgery and if you wish to see a doctor, you can see a brain Clinic specialist strait away here. Shirakaha Interna Medicine Clinic Sato Internal Medicine **Ueda** Orthopedio Surgery Yotei Pediatrics and Allergy Clinic Kutchan Kosei It is a general hospital where a range of specialists work, thereby offering General Hospital most types of treatment including surgical operation and hospitalization. Boneage Kutchan Azuma ophthalmological

# Medical Emergency - Visit a local hospital

**Medical Emergency** 

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



# **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

## Stella pharmacy Mon, Tue, Thu, Fri 9:00-17:15 / Wed, Sat 9:00-12:45 P Available ¥ Cash EN Available in English

It takes about 26 minutes on foot, about 6 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.

**Pharmacies and Drugstores** 

ıtsudora Drugstore Niseko Hirafu 🖪 🔉 1st floor 188 Hirafu, 188-9 Aza Yamada, Kutchan TEL (+81)136-21-7551 (S) 11:00–21:00 

Cash, Credit Card, China Union Pay, E-money P Available EN Available in English

Acc •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 on foot, about 2 minutes by car from Gran Hirafu ski resort (700m), and it costs about ¥650 by taxi A-3 Tsuruha Drug Store Kutchan

© 9:00–22:00 ¥ Cash, Credit Card, China Union Pay, E-money P Available EN Available in English Acc •It takes about 14 minutes on foot, about 4 minutes by car from JR Kutchan Station(1.3km), and it costs about ¥650 by taxi.

takes about 11 minutes by car from Gran Hirafu Ski Resort(7.2km), and it costs about ¥2,650 by taxi. Satsudora Drugstore Niseko Motomachi 🚦 🕱 🛚 ↑ 74-16 Motomachi, Niseko TEL (+81) 136-43-2250

© 9:00–21:00 **P** Available ¥ Cash, Credit Card, China Union Pay, E-money EN Available in English Acc •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 on foot, about 4 minutes by car from JR Niseko Station(2.1km), and it costs about ¥890 by taxi

·Staffed by pharmacists ·Located near hospitals and clinics

•Can get prescribed drugs Behind the Counter Drugs & Over-the-Counter Drugs First Class Over-the-Counter (OTC) (second and third class OTC)

\$ €

P Available ¥ Cash,Credit Card, China Union Pay, Electronic money

\*See the map overleaf for locations

Swelling of 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.