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Embassy of Japan in Australia. As long as you can explain what medication is what at Customs, there should be no problems. It is handy to let your doctor and pharmacist know what medications you have been prescribed in the past. Stay Healthy A headache spoiling your trip? Trust your doctor and your prescription! Very practical and rather funny. There is also a picture of the drug on the prescription so that the patient does not confuse it with other drugs. There are always pharmacists on hand to help you, but very often only in Japanese Japanese medicines are often micro-dosed compared to Western medicines. Children love it, and the sticker stops them from scratching. Aug 21, - You could be arrested or have your medicine confiscated at the airport in Japan if you bring a stimulant into Japan or you do not have the correct E.g. Hayfever Tablets (Cetirizine, fexofenadine); E.g. Panadol (Paracetamol); E.g. Nurofen (Ibuprofen); E.g. Most vitamins; E.g. Disposable Contact Lens. Dec 19, - Whether you are traveling in Japan or whether you live there, it is useful to know how and where to get medicines. You will find non-prescription-drugs in drugstores and pharmacies but you can only buy your prescription-drugs in pharmacies and in drugstores . Ibuprofen: ?? [Eve] or ??? [Ringl]. Aug 13, - Medicine in Japan. How to find and buy. Paracetamol / acetaminophen / Ibuprofen / Aspirin in Japan. We have loads of different types of medicine / tablets but I think most people want to use the same one that you are used to taking in your own country. Plus Japanese tablets usually contain some different. Feb 7, - If you are already here, and are looking for a quick fix for a headache or other general pain you can find some common ibuprofen or aspirin based If you are looking for pain relievers and can wait for them, you can buy some western brands using rubeniorchids.com, and at Costco, at wildly inflated prices. Nov 8, - If you anticipate needing particular medicines, bring them. Names would be different and dosage are usually smaller in Japan (smaller dose for smaller people) so you might not find what you need. If you must buy something, use generic names, i.e., ibuprofen rather than Motrin and write it down for a. Apr 14, - You can't seem to enjoy your tempura. Oh dang, are you getting sick? Fear not! Here is a simple guide for Japanese medicine you can buy from any pharmacy store, no matter where you are in Japan! The medicines are grouped by their respective symptoms. If you're not feeling any better taking these, or if. Aug 18, - No thanks! Here are some over-the-counter drugs that are very common in Japan, which may be useful. You can easily spot these drugstores, often around stations or in shopping centres, because their facades are extremely bright and garish. These stores are ??? (Ringl): ibuprofen capsules. This is for all those die-hard Advil fans out there, like myself. Though I try to use any kind of drug sparingly, at least once a month I find myself growling for drugs (I'm sure you can guess which once I'm referring to, ladies). And then I take two. Sometimes three. No matter how tough I am the rest of the month, I run to the drug. Mar 17, - It can be aggravating for many, but laws regarding medication in Japan are extremely strict, and if you want to make sure you have a trouble-free (and healthy!) experience Even the most basic medicines such as aspirin or ibuprofen need to be purchased from a store that has a licensed person on staff. You are subject to arrest and imprisonment if you purchase such drugs illegally while in Japan. Caveats Regarding Medication. If you want to see if you can bring permitted medication to Japan, have your physician write a letter to the Ministry of Health, Labor and Welfare (?????). The letter needs to include the.