

# Moegi Clinic Guide

including available  
and  
unavailable services



## Operating Hours

Monday through Friday 8:30am-12noon, and 4:30pm-6pm

Saturday 8:30am-12noon

No reservations/appointments. First come, first served

Whenever possible, please bring a Japanese speaking person to assist you. Always bring your Insurance Card, IUJ Student ID Card, and Resident's Card!

*Note: Moegi Bus is for use for Moegi out-patient visitors ONLY.*

# Regarding the Clinical Care System in Japan

Prepared for use by IUJ students and their families  
In cooperation with Moegi Clinic and the OSS

In the Japanese medical system, in general, you do not choose your doctor, except for long-term serious conditions treated at special medical institution, or conditions requiring return visits for monitoring.

**The full-time doctors at Moegi Clinic are a general physician for internal, common illness that are usually treated one time (when return visits are not usually necessary).**

When visiting a clinic, you register at the reception desk for *all the issues* you wish to consult the doctor on. You should not then ask the doctor about other issues once in a meeting with the doctor, nor should you consult about other people who did not register at the initial reception time (such as a mother consulting on her own condition when only the child was registered at reception).

## *Services at Moegi Clinic*

Moegi Clinic is a primary care facility.

### General Conditions

**Moegi Clinic can help you with the following types of conditions.**

- Colds or coughs or fevers
- Flu (Influenza)
- Diarrhea
- Ear infections (simple, outer ear type)
- Headaches or nausea
- Suspected chicken pox or mumps
- Digestive-tract concerns (Stomach issues)
- Other Internal Medicine issues not requiring special treatment
- Minor injuries

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Conditions including the following cannot be supported by Moegi Clinic for adults or children:

- High fever or cramping caused by fever
- Dehydration
- Unable to keep down food, unwilling to eat
- Dental Care (Teeth and gum health)
- Vision problems, or the need for corrective glasses
- Head injury, loss of consciousness, dizzy spells, etc. (Please seek out the brain specialists at The Saito hospital)

A thorough and **immediate** examination is required;  
Hospitalization may be required

## Orthopedics (Bone issues – fractures or sprains)

Consultation is available on Wednesday afternoons and Saturday mornings: A Japanese speaking support person is needed for communications.

HOWEVER, if a fracture is suspected please go immediately to the hospital. If after hours call ahead for emergency services as fractures need immediate treatment.

## Regarding Women's Issues

Moegi Clinic cannot support obstetrics and gynecology medicine of any kind. For the following issues, please seek support from Koide Hospital or Uonuma Kikan Hospital:

- Vaginal bleeding, such as bleeding after case a pregnancy test, or medically supported abortions\* or self-abortions,
- Menstruation disorder
  - hormone testing cannot be performed
  - internal examination can be performed
- Pregnancy tests (Note: in Japan, checks for pregnancy are done not only by chemical reactions, but also by ultrasonic wave and those facilities are not supported at Moegi),
- Consultation of mother's milk or breast feeding
- PAP smears and breast cancer checks

\*Please note: Abortions are not a form of birth control in Japan and there are significant costs, and requirements of your partner's consent. Please see the separate information provided by IUJ in the Women's Health Guide.

## Care for Children under 4 Months of Age

Moegi Clinic is not trained for specialized Pediatric care. Children under 4-months of age should be taken to specialists such as those at Uonuma Kikan Hospital.

## Pediatric and Small Child Care

Moegi can assist you with child issues such as vaccinations, nutrition, growth and development. A doctor of Moegi Clinic visits IUJ several times a month to give advice to students and their families. Please ask the counselor's office at IUJ about making an appointment, or see the online appointment calendar.

If your child has been diagnosed in your home country with any of the following disorders or symptoms, you need to consult pediatric specialists, but Moegi Clinic cannot provide this support

- Follow up for nephritis (kidney disease) or any cardiac (heart) disease
- Child psychiatric disorders, learning disabilities etc. including autism etc.

The following **inoculations/vaccinations are available** at Moegi Clinic by advanced appointment (Though services may be discontinued)

<Covered by Insurance>

- **Child pneumococcus** (prevents infections such as ear infections and meningitis)
- **Hib**, (helps prevent bacterial infection in young children that could cause meningitis, etc.)
- **DPT-IPV** (four-sort mixture), (diphtheria, tetanus, pertussis and polio vaccine)
- **DT** (two-sort mixture), (to prevent diphtheria and tetanus)
- **MR** (to prevent Measles and Rubella)
- **Japanese encephalitis mixture**
- **Four-sort mixture (DPT) and inactivated poliovirus vaccine**
- **Inactivated poliovirus vaccine** - (to prevent Polio)
- **Hepatitis B**
- **Chicken Pox**

<Own expense>

- **Mumps** 6,500yen

**Please stay well!**  
お大事に！！

