

We welcome your feedback, updates, suggested new categories of information, etc.

Anonymous and Confidential communications are welcomed.

Confidential counseling is also available on campus by the counselor.

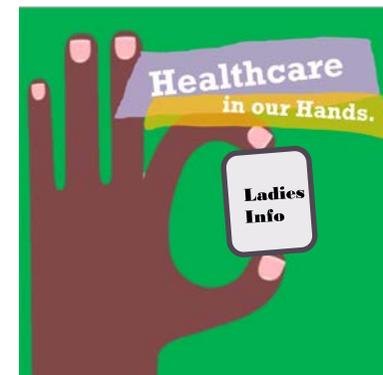
Let us know how we can better support you through information and resources.

Submit to OSS

Monday - Friday 9am – 5pm
Or by email anytime to oss@iuj.ac.jp

Guide to Women's Health

*Information on Services and Resources
in and around IUJ*



More Information

Japan Health Information

A wealth of information is provided by JHI. It covers basically everything, including women's health, pregnancies, child birth, child raising, and expressions to use at hospitals and clinics, etc. <http://japanhealthinfo.com/>



Prepared by IUJ, OSS

*In cooperation with LeanIn:
IUJ's Women's Group*

Female Products 生理用品 Seiri Youhin

While napkins for periods are readily available in all sizes, the use of tampons is just now growing in popularity. You can buy Japanese brands with limited choices in most stores, including 7-11, and drugstores. Tampons are available on amazon.co.jp for delivery to you, including Japanese products, and brands common overseas (OB, Tampax, Kotex). You can arrange to make payments at 7-11 if you do not have a credit card. Please **wrap used products** (tampons or napkins) up in tissue or plastic bags to dispose of using the sanitary boxes in the lavatories or in the dorm garbage bins.

Menstrual Pain Medication 整理痛の薬 “Seiri-tsu no Kusuri”

Over-the-counter options are available such as “Eve” (ebu) or “L-Pain 4” (Arupain 4); or by prescriptions from a gynecologist. Pamprin is available on amazon.co.jp, but Midol is not. If you brought some from home, please be sure it is legal in Japan!



Gynecology 婦人科 SanfuJinka

For the most comprehensive services, please approach the Koide Hospital first, which may refer you to Kikan Hospital.

Annual Visits: Pap Smear 子宮がん検査 “Shikyu-gan Kensa” Mammogram マンモグラム “Mammoguramu”

Annual Pap smears/mammogram services are readily available through the “Ningen Dock” as part of an annual physical available for fees at Yamato Hospital. However, they are not performed in routine gynecological visits, and are not generally covered by health insurance. If your doctor suspects there may be a problem, then your doctor may have you undergo the check. In this case, it is covered by insurance.

Pap smears are usually conducted in a private room with a curtain that separates you from the doctor/nurses. The curtain goes across your stomach for your privacy. You can hear each other but not see each other.

Clinics such as Moegi Clinic, and the Yamato Hospital, do NOT offer gynecological services. Neither can offer advice or guidance on women's health issues.

Birth Control 避妊 Hinin

Condoms コンドーム Kondoumu

The most common form of birth control in Japan is a male condom “Kondo0mu.” These are readily available in drug stores and convenience stores, also in the IUJ shop and dorm public restroom vending machines (SD2 and 3). Condoms should be **THE method** of protection from unwanted pregnancies and sexually transmitted diseases.

The Pill 経口避妊薬 Keikou Hinin Yaku

“The Pill” for birth control is only available by prescription, and prescriptions are only given to those with specific medical conditions in Japan. You may consult a doctor here about your circumstances.

Pregnancies/Abortions 妊娠/中絶

Pregnancy 妊娠 “Ninshin” and PreNatal care 胎教 “Taikyou”

Home pregnancy tests are called 妊娠検査 “Ninshin Kensa,” and available at any drug store. As soon as you suspect you are pregnant, you need to go to a gynecologist to confirm, and begin prenatal care. Once a viable pregnancy is confirmed, you will receive a Mother/Child handbook (母子手帳 “Boshi Techou”) to use throughout your pregnancy and your baby's first few years to record growth, immunization history, etc.

Birthing 出産 “Shussan”

The Kikan Hospital has very nice facilities for giving birth, and the after care of you and your child. A healthy birthing is not covered by insurance, but a city allowance helps cover costs. Please refer to the Family Guide for details, including child immunization practices in Japan.

Morning After Pill or “Rape Pill” アフターピル “Afuta piru”

This is available at the Kikan Hospital on request. You need to take this pill within 72 hours of unprotected sex if a possible unwanted pregnancy is suspected. The cost is at least 20,000yen per pill. A required follow up visit after your next period is required, and has a usual visit fee of around 500-1000yen. **The After Pill should NOT be used as a method of birth control, but in emergency situations only.**

Abortion 中絶 “Chuzetsu”

Abortion is available at Kikan Hospital, **but abortion is not a form of birth control in Japan.**

Abortions may be requested if: health of mother is at risk, pregnancy is not viable, etc. They are not covered by insurance. The average cost is 200,000yen. As surgery is required, you must get the signature of two different people to be your guarantor for: 1) medical decisions if you are not able to make them; 2) payment. Also, the **consent of your partner** is required in writing.