

1

Flow chart of examination

When you feel ill...



Hospital or clinic



Things to bring:

- **Health Insurance Card**
- Referral letter (There may be cases when you need a referral letter for a medical institution)
- Patient Registration Card

- Present your health insurance card and medical card to the reception
- Fill out a medical sheet and submit it to the reception (Write your name, symptoms and how long you have been ill.)

Special Note: When visiting a hospital or clinic for the first time you must remember to take your health insurance card with you or you will have to pay the full fee.

Treatment

Cashier

Pharmacy



If you receive a prescription, take the prescription note with you to the pharmacy to collect your medication.

Special note: It is desirable for you to bring a Japanese-speaking person.

2 Japanese expressions related to hospitals

《Symptoms》

Japanese	How to read	Meaning
頭痛	Zutsu	Headache
のどが痛い	Nodo ga itai	Have a sore throat
せきができる	Seki ga deru	Have a cough
めまい	Memai	Dizziness
動悸	Doki	Palpitations
しびれ	Shibire	Numbness
鼻水が出る	Hanamizu ga deru	Have a runny nose
鼻づまり	Hanazumari	Have a stuffed nose
胸焼け	Muneyake	Heartburn
食欲不振	Shokuyoku fushin	Loss of appetite
吐き気がする	Hakike ga suru	Feel nauseated
腹痛	Fukutsu	Stomachache
便秘	Benpi	Constipation
下痢	Geri	Diarrhea
血尿、血便	Ketsunyo・Ketsuben	Blood in urine, stool
かゆい	Kayui	Itchy
目が痛い	Me ga itai	Have eye pain
むくみ	Mukumi	Swelling
発疹	Hasshin	Rash

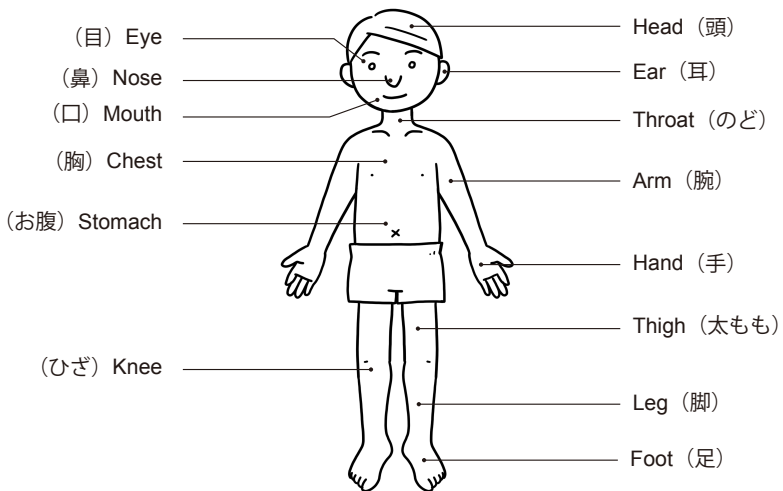
Japanese	How to read	Meaning
発熱	Hatsunetsu	Fever
全身倦怠	Zenshin kentai	General fatigue
不眠	Fumin	Sleeplessness
息苦しい	Iki ga kurushii	Difficulty breathing

《Japanese used at hospitals》

Japanese	How to read	Meaning
受付	Uketsuke	Reception
初診・再診	Shoshin・Saishin	First examination, re-examination
外来	Gairai	Outpatient
保険証	Hokensho	Health Insurance card
診察券	Shinsatsuken	Patient Registration card
待合室	Machiaishitsu	Waiting room
処方箋	Shohosen	Prescription
薬局	Yakkyoku	Pharmacy
医師	Ishi	Doctor
看護師	Kangoshi	Nurse

《Types of medicine》

Japanese	How to read	Meaning
錠剤	Jozai	Pill
解熱剤	Genetsuzai	Antipyretic
鎮痛剤	Chintsuzai	Pain killer
坐薬	Zayaku	Suppository
消毒薬	Shodokuyaku	Disinfectant
うがい薬	Ugaigusuri	Gargle medicine
軟膏	Nanko	Ointment
点眼薬	Tenganyaku	Eye drops
内服薬	Naifukuyaku	Internal medicine
かゆみ止め	Kayumidome	Anti-itch medicine
咳止め	Sekidome	Cough drop
下痢止め	Geridome	Binding medicine



(1) Ambulance ☎ 119

When ambulance services are needed, call 119.

(2) Emergency Consultation Center

[Inquiries] Tokyo Fire Department Emergency Consultation Center
☎ 03-3212-2323 or ☎#7119

Supported Languages: English

Available 24 hours every day

Consult this center if you do not know whether or not you need an ambulance.

(3) Medical facilities

[Inquiries] Tokyo Metropolitan Medical Information Center “Himawari”

① ☎ 03-5272-0303 (Japanese)

Available 24 hours every day

② ☎ 03-5285-8181

Supported languages: English, Chinese, Korean, Thai, Spanish

9:00-20:00

Information about medical facilities in foreign languages.

(4) Contacts in case of emergency

These contacts are for medical or dental care on weekends or evenings. Always check by phone before going to one of the facilities. Do not forget to bring your Health Insurance Certificate, Medical Certificate, Maternal and Child Health Handbook and other related materials.

① Pediatric emergency

Ota City Children’s Weekday Night-time Emergency Room ☎ 03-3762-4151

Mon-Fri (except public holidays) 19:45-22:45

Address: Bldg. 3, Toho University Omori Medical Center, 6-11-1 Omori-Nishi, Ota City, Tokyo

② Internal Medicine, Pediatric Emergency

[Inquiries] (By phone appointment only)

• **Omori Medical Association Clinic ☎ 03-3772-2402**

Public holidays 9:00-22:00, Saturdays 17:00-22:00 (reception until 21:30)

Address: 4-31-14 Chuo, Ota City, Tokyo

• **Den-enchofu Medical Association Clinic (Except Saturdays)**

☎ 03-3728-6671

Public holidays 9:00-22:00 (reception until 21:30)

Address: 2-7-1 Ishikawacho, Ota City, Tokyo

• **Kamata Medical Association Clinic ☎ 03-3732-0191**

Public holidays 9:00-22:00, Saturdays 17:00-22:00 (reception until 21:30)

Address: 4-24-12 Kamata, Ota City, Tokyo

③ Medication (Prescription medication only)

***Over-the-counter medicines are not available**

[Inquiries] • Omori Association Pharmacy (Omori District)

☎ 03-3774-7721

Public holidays 9:00-22:00, Saturdays 17:00-22:00

Address: 3-1-3 Chuo, Ota City, Tokyo

- **Yukigaya Pharmacy (Den-enchofu District) (except Saturdays)**

☎ 03-3728-3231

Public holidays 9:00-22:00

Address: 5-1-1 Higashi-Yukigaya, Ota City, Tokyo

- **Kamata Pharmacy (Kamata District) ☎ 03-3732-1291**

Public holidays 9:00-22:00, Saturdays 17:00-22:00

Address: 4-38-5 Kamata, Ota City, Tokyo

④ When you have a sudden toothache

- [Inquiries] • **Omori Dental Society Chamber ☎ 03-3754-8648**

Public holidays 9:00-17:00 (reception until 16:30)

Address: 4-19-7 Ikegami, Ota City, Tokyo

- **Kamata Dental Association ☎ 03-3731-9282**

Public holidays 9:00-17:00 (reception until 16:30)

Address: 1-4-14 Shin-Kamata, Ota City, Tokyo

4 Health checkups

Health checkups are carried out by health centers and municipalities to check on the health of residents and the developmental status of children and infants in order to discover illness or disability at an early stage, and to provide appropriate health consultation. For details about availability, how to receive an examination, fees, and eligibility, contact the below facilities.

Checkups and their contents

Checkup	Description	Contact
Specific health checkup and health guidance	Medical interviews, blood pressure measurements, urine and blood tests, health guidance, etc.	Health Care Management Division ☎03-5744-1265
Elderly health checkup	Medical interviews, blood pressure measurements, urine and blood tests, etc.	
Ota City health checkup	Medical interviews, blood pressure measurements, urine and blood tests, etc.	
Health checkup for residents under 39	Oral examination, blood pressure measurements, urine and blood tests	
Adult dental check	Health checkups and guidance for the prevention of cavities and periodontal disease	
Cancer checkup	Contact for details	
Hepatitis B virus, hepatitis C virus checkup	Oral examination and blood test	
Glaucoma checkup	Eyesight tests, intraocular pressure examinations, etc.	
Osteoporosis examinations	Medical interviews and bone quantity measurements	
HIV (AIDS) antibody test	Contact for details	