# (1) If you become ill

## 1 Finding a hospital

Medical facilities in Japan are generally divided into two categories: one is a "small-scale medical facility" (i.e., clinic, private office) where you go when your symptoms are rather mild, such as for a cold or minor injury, and another is a "large-scale hospital" where you go when you are seriously ill or injured and need surgery or a hospital stay to undergo treatment.

We recommend that you first visit a small-scale medical facility. A small-scale medical facility will write a "referral letter" to a large-scale hospital if you need specialized treatment that a large-scale hospital provides.

#### A Hospitals that offer multilingual assistance

Rinku General Medical Center

The "Department of International Medical Care" in Rinku General Medical Center located in Izumisano city provides assistance to international patients who have difficulty communicating in Japanese to facilitate their communication with healthcare providers.

#### ★Where to make enquiries:

TEL: 072-469-3111

http://www.rgmc.izumisano.osaka.jp/10 E/index.html

☆Websites to search for medical facilities that offer multilingual assistance

 Japan Medical Education Foundation "Japan Medical Service Accreditation for International Patients (JMIP)"

http://jmip.jme.or.jp/index.php?l=eng

Osaka Medical Net for Foreigners

https://www.mfis.pref.osaka.jp/omfo/

• Japan National Tourism Organization (Jnto)

https://www.jnto.go.jp/emergency/eng/mi guide.html

\*Please note that the languages and schedule are subject to change. Please call the medical facility and check in advance before visiting.

# B Hospitals that are open on holidays and at night in Izumisano city and the Senshu area

South Senshu Primary Emergency Medical Center

TEL: 072-464-6040

		Reception hours	Consultation hours
Internal Medicine	Saturdays	5:30 pm to 8:30 pm	6:00 pm to 9:00 pm
Pediatrics	Sundays/Holidays	9:30 am to 11:30 am	10:00 am to noon
	Year-end and new	0:30 pm to 4:30 pm	1:00 pm to 5:00 pm
	year holidays		
Pediatrics only	Thursday nights	7:30 pm to 10:30 pm	8:00 pm to 11:00 pm

<sup>\*</sup>This facility does not accept credit cards.

Rinku General Medical Center

TEL: 072-469-3111

### Emergency rooms

Cardiology/Cardiovascular Surgery	Open 24 hours	
Obstetrics - Gynecology	Open outside of regular business hours from 5:00 pm to 8:30 am	
	of the following day	
Surgery	Open outside of regular business hours on Monday, Thursday,	
	and Friday from 5:00 pm to 8:45 am of the following day	
Neurosurgery	Open 24 hours	

## ② Visiting a hospital

#### A What to bring

- Health Insurance Card
  - \*You will be responsible for paying all the medical costs if you forget to bring it.
- ID (residence card or passport)
- Medicines you are currently taking
- Cash (We recommend having cash on you because many facilities do not accept credit cards)
- Referral letter (if applicable)



#### **B** Consultation flow

Reception	Submit your health insurance card at reception. (If you are a returning patient, submit your patient card as well.)
Ī	Fill out the required documents including the medical questionnaire to provide information about why you would like to see a doctor and your medical history.
Examination	When your name is called, go into the examination room and you will be examined by a doctor.
	If necessary, the doctor will conduct tests and/or provide treatment.
	When the examination is finished, go back to the waiting room and wait there.
Payment	When your name is called, go to reception and pick up your health insurance card, patient card, and medicine (or prescription), and make payment.
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Buy medicines	If you receive a prescription, you will need to go to a pharmacy to have it filled.

 $\dot{x}$  Here is the multilingual website that has a lot of useful information about receiving healthcare services in Japan.

"Japan National Tourism Organization (Jnto)"

https://www.jnto.go.jp/emergency/eng/mi\_guide.html

Izumisano city is promoting a healthy lifestyle to its citizens.

(Examples) Various types of health checkups, health consultations, nutrition consultations, and healthy living programs

# 6. Health care

★Where to make enquiries:

Health Promotion Division

TEL: 072-463-1212 (extension: 2311 to 2318)