

hokkaido *Life*

WOMEN'S HEALTH

The links in these documents contain information to make your life in Hokkaido easier and more enjoyable. Access each link and add it to your favourites list.

Searching for a Doctor

You've heard this line a thousand times at JET pre-departure orientations and regional meetings - *Every Situation is Different*. Well, the same rings true when it comes to dealing with medical issues in Japan

Going to a doctor in your hometown can be stressful enough, let alone going to a doctor in a foreign country where communication barriers and social differences can increase the level of anxiety you may feel.

The hospitals and clinics listed here have English-speaking doctors, but most of the receptionists do not speak English. The paperwork can also be difficult so it might be worth your while to ask a Japanese friend to help you make the appointment and accompany you to the clinic.

The process of getting through a doctor's visit is not set in stone but here is a guide to familiarize you with the procedure.

1. You should always take your health insurance card (*seifu kansho kenko hoken* or *hokensho*) with you when you visit the doctor.
2. Go to the counter and state your name and appointment. At some places you may not need an appointment. In this case phone ahead to check their consultation hours and arrive at the clinic early, because things can get a little crazy when the elderly begin to arrive with their *kazes*.
3. You will be asked if you have a card (*shinsatsu ken*) for the clinic. If you have one you'll need to present the card; if you don't they will make you one, which you will need to bring to subsequent visits.

4. Next you will fill out a questionnaire detailing your specific problem, allergies and medical history.
5. Take the form to the desk and then you will be asked to wait. The waiting part can be tons of fun - anywhere from a few minutes to a few hours.
6. Once your name is called it's time for your consultation.
7. After the doctor is finished, go to the cashier to pay.

List of Doctors for Women's Health Issues

Sapporo

Sapporo Breast Surgical Clinic
North 6, West 19, chuo-ku Sapporo 060 0006
Hours: Mon ~ Fri 8:45 - 15:30, Sat 9:00-11:00
Tel: 0116-40-2626

Hayashi Ladies Clinic → [google maps](#)
Sankyo Bldg, 3F, Minami 2-jo, Nishi 3-chome, Chuo-ku
Hours: Wed/Sat 10:00 - 13:00 Mon ~ Fri 10:00 - 13:20
Tel: 0112-06-3050

Hokkaido Shakai Hoken Chuo Hospital → [google maps](#)
1-jo 8-chome, Nakanoshima, Toyohira-ku
Hours: Mon ~ Fri 8:30 - 11:30, Mon 13:00 - 15:30
Tel: 0118-31-5151

Shin-Sapporo Women's Clinic → [google maps](#)
Higashi 4-jo 2-chome, Atsubetsu, Atsubetsu-ku
Hours: Mon ~ Fri 9 - 12 / 13:30 - 5, Sat 9 - 12
Tel: 0118-98-1511

Sapporo Toho Byoin → [google maps](#)
Higashi, Kita 17 Higashi 15
Hours: Mon ~ Fri 8:30 - 11:30/13:30 - 16:30
Tel: 0117-04-3911

Sapporo Kosei Byoin → [google maps](#)
Nishi 7, Kita 4, Chuo-ku
Hours: Mon ~ Fri 8:00 - 11:15
Tel: 0112-61-5331

Sapporo Maternity Hospital
Tel: 0117-46-5505

Asahikawa

Asahikawa Kosei Byoin
24-111-3, 1-jo dori, Asahikawa 078-8211
Hours: Mon ~ Fri 8:15 - 11:30
Tel: 0166-33-7171

→ [google maps](#)

Asahikawa Sekijuji Byoin
Akebono 1-1, Asahikawa 070-8530
Hours: Mon ~ Fri 8:00 - 11:30
Tel: 0166-22-8111

→ [google maps](#)

Fukugawa

Fukugawa Shiritsu Byoin
5-6-10, Fukugawa 074
Hours: Mon ~ Fri 8:30 - 11:30
Tel: 0164-22-1101

→ [google maps](#)

Bibai

Bibai Rosai Byoin
Minami 2 Higashi 5, Bibai 072
Hours: Mon ~ Thurs 8:30 - 11:00, Fri 13:00 - 15:30
Tel: 0126-63-2151

→ [google maps](#)

Shiritsu Bibai Byoin
1-1, Kita 1, Nishi 2, Bibai 072
Hours: Mon ~ Fri 8:30 - 11:30, Mon/Wed/Fri 14:30-16:00
Tel: 0126-63-4171

→ [google maps](#)

Iwamizawa

Higashimachi Famirii Kurinikku
8-932-74, 1-jo, Higashimachi
Hours: Mon ~ Fri 9:00 - 12:00/14:00 - 18:00, Sat 9:00 - 12:00
Tel: 0126-24-5771

→ [google maps](#)

Nayoro

Nayoro Shiritsu Sogo Byoin
Minami 7, Nishi 7, Nayoro
Hours: Mon ~ Fri 8:30 - 12:30, Tues/Thurs 14:00 - 17:00
Tel: 0165-43-3101

→ [google maps](#)

Shibetsu

Shiritsu Shibetsu Sogo Byoin
Higashiyamacho
Hours: Mon ~ Fri 9:00 - 11:00, Mon/Tues/Thurs 13:00 - 15:00
Tel: 0165-23-2166

→ [google maps](#)

Obihiro

Keiai Hospital
Higashi 3-jo, Minami 9 chome
Hours: Mon ~ Sat 8:00 - 11:30, Mon/Wed/Fri 13:00 - 16:30
Tel: 0155-22-4188

→ [google maps](#)

Tomakomai

Tomakomai Shiritsu Sogo Byoin
Honkocho 1-2-21
Hours: Mon ~ Fri 8:45 - 11:00
Tel: 0144-33-3131

→ [google maps](#)

Abashiri

Abashiri Kosei Byoin
Tel: 0152-43-3157

→ [google maps](#)

By: *Elsa Johnston*

As always, the official [hajat/forum](#) is where you will find all the answers to any questions you may have regarding life in Hokkaido.

HAJET kindly asks you to use paper wisely and only print this document if you really, really must. LOVE HOKKAIDO, LOVE THE ENVIRONMENT!

USEFUL RESOURCES

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JNTO
Japan Visitor
Health Hokkaido

www.hokkaidojets.org
www.jnto.go.jp
www.japanvisitor.com
www.healthhokkaido.com

Hokkaido Association of Japan Exchange and Teaching
www.hajet.org

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