

Moegi Clinic Guide

including available
and
unavailable services



Operating Hours

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

Saturday 8:30am-12noon

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 ***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

Moegi clinic ***CANNOT*** help with

- Diabetes (See specialists at Yamato Yukiguni hospital)
- Kidney disease
- Heart disease
- Ophthalmology, (Vision)
- Ears, Nose and throat – (Refer to Yamato Yukiguni Hospital Tuesdays and Thursdays 1pm-3pm)
- Dentistry (See IUJ's OSS for a list of local dentists)
- Dermatology (Skin issues: Refer to Yamato Yukiguni Hospital or Sakura Clinic)
- Psychiatric issues
- Learning disabilities



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Please note: Moegi Clinic is not a specialist clinic for child vaccinations, gynecological issues or pregnancies. We hope the advice and guidance given below will help you with your medical concerns and needs.

Pediatric and small child care

Moegi **cannot** assist you with Child Issues (Pediatric care) such as:

- Advice on child vaccinations as required in Japan or in your country (***please consult the volunteer doctor once a month on the IUJ campus free of charge. Ask the OSS for details***)
- Child inoculations or vaccinations (Please consult Yamato Yukiguni hospital with a Japanese speaking friend)
- Child care issues such as nutrition, growth and development (Please consult with Yamato Yukiguni Hospital with a Japanese speaking friend)
- Infant 3 month and 6 month checkups (Please consult with the City Office and Yamato Yukiguni hospital)

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**
- **Three-sort mixture (DPT) and inactivated poliovirus vaccine**
- **Inactivated poliovirus vaccine** - (to prevent Polio)

Note on Polio Shots: At present Japan has changed to a four-sort mixture from the conventional three-sort mixture for Polio vaccinations. Therefore the supply of three-sort mixture and single Polio vaccines are no longer available here.

<Own expense>

- **Chicken pox** 8,000yen
- **Mumps** 6,500yen

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 Yamato Yukiguni Hospital.

Conditions including the following **cannot** be supported by Moegi Clinic:

- 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

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.

Regarding Women's Issues

Moegi Clinic cannot support obstetrics and gynecology medicine or vaginal checks or PAP smears. For the following issues, please seek support from Koide Hospital or Yamato Yukiguni 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 are not available (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

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.



Please stay well!

お大事に！！