

# January 2026

## Doctors on Duty

◆ **Nighttime medical service** (hours: 18:00~20:00)

◆ **Holiday medical service** (hours: 9:00~17:00)

- Call **119** for medical emergencies (interpreters available)
  - **019-656-177** or **#7119** (24hr service) when you are uncertain whether you should go to the hospital or not. (Japanese)
  - **019-605-9000** or **#8000** (7pm to 8am) for children under 15. (Japanese)
  - If urgency is low, please consult during the daytime consultation hours on weekdays.
  - Make sure to call the medical facility before showing up.
- Confirm on duty doctor** (changes can happen): **Ichinoseki City Hall (0191-21-2111)** or the **Fire Department HQ (0191-25-0119)**
- Don't forget your insurance card (My Number Card) and medical diary, if you have one.
- Click hyperlinks for information on clinics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				◆ <a href="#">Fujiisawa Hospital</a> ◆ <a href="#">Ichinoseki Hospital</a> ◆ <a href="#">Katsurashima Clinic</a>	◆ <a href="#">Yoshida Naika Junkankika Clinic</a> ◆ <a href="#">Iwate Clinic Ichinoseki</a> ◆ <a href="#">Showa Hospital</a> ◆ <a href="#">Okazaki Seikei Geka</a>	◆ <a href="#">Tanpopo Clinic</a> ◆ <a href="#">Ichinoseki Chuo Clinic</a> ◆ <a href="#">Kimura Shoukaki Naika</a> ◆ <a href="#">Ichinoseki Suzuki Seikei Geka Clinic</a>
4	5	6	7	8	9	10
◆ <a href="#">Endo Clinic</a> ◆ <a href="#">Hiraizumi Naika Clinic</a> ◆ <a href="#">Chiba Naika Clinic</a> ◆ <a href="#">Nakasato Clinic</a>	◆ <a href="#">Murone Shinryojo</a> ◆ <a href="#">Abe Naika Clinic</a>	◆ <a href="#">Senmaya Hikari Clinic</a> ◆ <a href="#">Ichinoseki Chuo Clinic</a>	◆ <a href="#">Kawasaki Family Clinic</a> ◆ <a href="#">Oikawa Naika Ichouka Clinic</a>	◆ <a href="#">Iwate Prefectural Senmaya Hospital</a> ◆ <a href="#">Ito Noushinkei Naika</a>	◆ <a href="#">Kikuchi Naika Clinic</a> ◆ <a href="#">Onodera Naika Junkankika</a>	
11	12	13	14	15	16	17
◆ <a href="#">Abe Clinic (Higashiyama)</a> ◆ <a href="#">Kikuchi Clinic (Iwate)</a> ◆ <a href="#">Nanohana Hifuka Clinic</a>	◆ <a href="#">Sarusawa Shinryojo</a> ◆ <a href="#">Sato Junkanki Naika Clinic</a> ◆ <a href="#">Sato Geka Koumonka Clinic</a>	◆ <a href="#">Iwate Prefectural Daito Hospital</a> ◆ <a href="#">Kato Children's Clinic</a>	◆ <a href="#">Moriai Naika Clinic</a> ◆ <a href="#">Sato Junkanki Naika Clinic</a>	◆ <a href="#">Iwate Prefectural Senmaya Hospital</a> ◆ <a href="#">Katsurashima Clinic</a>	◆ <a href="#">Tanifuji Naika Clinic</a> ◆ <a href="#">Senwa Clinic</a>	
18	19	20	21	22	23	24
◆ <a href="#">Kikuchi Naika Clinic</a> ◆ <a href="#">Seishindo Clinic</a> ◆ <a href="#">Saiki Clinic (Maikawa)</a>	◆ <a href="#">Yoshida Naika Junkankika Clinic</a> ◆ <a href="#">Terasaki Naika Ichouka Clinic</a>	◆ <a href="#">Sarusawa Shinryojo</a> ◆ <a href="#">Saiki Clinic (Maikawa)</a>	◆ <a href="#">Kawasaki Family Clinic</a> ◆ <a href="#">Kimura Shoukaki Naika</a>	◆ <a href="#">Iwate Prefectural Senmaya Hospital</a> ◆ <a href="#">Abies Kanno Clinic</a>	◆ <a href="#">Tanpopo Clinic</a> ◆ <a href="#">Seishindo Clinic</a>	
25	26	27	28	29	30	31
◆ <a href="#">Moriai Naika Clinic</a> ◆ <a href="#">Ichinoseki Hospital</a>	◆ <a href="#">Takagane Naika Hinyoukika Clinic</a> ◆ <a href="#">Nakano Naika Junkankika Clinic</a>	◆ <a href="#">Iwate Prefectural Daito Hospital</a> ◆ <a href="#">Yomogida Naika Clinic</a>	◆ <a href="#">Abe Clinic (Higashiyama)</a> ◆ <a href="#">Iwate Clinic Ichinoseki</a>	◆ <a href="#">Iwate Prefectural Senmaya Hospital</a> ◆ <a href="#">Chiba Naika Clinic</a>	◆ <a href="#">Tanifuji Naika Clinic</a> ◆ <a href="#">Sugawara Naika Junkankika Clinic</a>	