

August 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	4	5	6	7	8
◆ Yoshida Naika Junkankika Clinic ◆ Senwa Clinic	◆ Murone Shinryojo ◆ Ichinoseki Chuo Clinic	◆ Tanpopo Clinic ◆ Ito Noushinkei Naika	◆ Kawasaki Family Clinic ◆ Oikawa Naika Ichouka Clinic	◆ Iwate Prefectural Senmaya Hospital ◆ Onodera Naika Junkankika	◆ Abe Clinic (Higashiyama) ◆ Kato Children's Clinic	
9	10	11	12	13	14	15
◆ Fujisawa Hospital ◆ Sugawara Seikei Geka Clinic ◆ Onodera Naika Junkankika	◆ Takagane Naika Hinyoukika Clinic ◆ Katsurashima Clinic	◆ Endo Clinic ◆ Abe Naika Clinic ◆ Nanohana Hifuka Clinic	◆ Tanifuji Naika Clinic ◆ Sato Junkanki Naika Clinic			
16	17	18	19	20	21	22
◆ Abe Clinic (Higashiyama) ◆ Sugawara Naika Junkankika Clinic ◆ Sato Geka Koumonka Clinic	◆ Senmaya Hikari Clinic ◆ Senwa Clinic	◆ Sarusawa Shinryojo ◆ Saiki Clinic (Maikawa)	◆ Kawasaki Family Clinic ◆ Kimura Shoukaki Naika	◆ Iwate Prefectural Senmaya Hospital ◆ Terasaki Naika Ichouka Clinic	◆ Moriai Naika Clinic ◆ Abies Kanno Clinic	
23	24	25	26	27	28	29
◆ Sarusawa Shinryojo ◆ Iwate Clinic Ichinoseki ◆ Saiki Clinic (Maikawa)	◆ Yoshida Naika Junkankika Clinic ◆ Seishindo Clinic	◆ Iwate Prefectural Daito Hospital ◆ Nakano Naika Junkankika Clinic	◆ Tanpopo Clinic ◆ Iwate Clinic Ichinoseki	◆ Iwate Prefectural Senmaya Hospital ◆ Chiba Naika Clinic	◆ Abe Clinic (Higashiyama) ◆ Yomogida Naika Clinic	
30	31					
◆ Kikuchi Naika Clinic ◆ Katsurashima Clinic ◆ Ichinoseki Saiki Hospital	◆ Takagane Naika Hinyoukika Clinic ◆ Sugawara Naika Junkankika Clinic					