

Your Guide to Prepare for Childbirth Trip to Spain



Documents and Visa Requirements

- Passport valid for at least three months beyond your stay.
- European Health Insurance Card (EHIC) for EU residents, or private insurance.
- Visa: Check the Spanish consulate/embassy website in your country or [Schengen Visa Info](#) to determine if you need a visa based on your nationality.
- Medical records such as prenatal charts, ultrasounds, and any other relevant health history.
- Clinics in Spain can provide diagnostics and tests if certain medical documents are missing.



Accommodation Options

Individual chambers are provided for the patient's stay in the hospital. For extended stays, bookings can be made at partner hotels with special prices or through self-booking. Accommodation costs are not covered by the clinics. The average price for a hotel stay per night is approximately €100-€200.



Transfer Services

- Clinics do not include free airport transfers.
- Popular taxi services like Taxi Barcelona and Taxi Madrid can be used, with prices ranging from €30 to €100 depending on the distance.



Interpreter Services

Interpreter services are available upon request. They are typically not free, and the cost will vary depending on the service provider and the duration of the interpretation needed. Dr. Bassols's team at Teknon Medical Center can conduct consultations in various languages, which may help mitigate the need for an interpreter.



Payment Methods

- Payments can be made via cash or card.
- The local currency is the Euro (€), and it is advisable to have some for smaller expenses.
- While major expenses can often be paid in euros or dollars, it is more convenient to use the local currency.



Pre-Op Childbirth Tips

- Follow your doctor's advice on diet, supplements, and medications before the trip.
- Keep a copy of your medical records and emergency contacts on hand.
- Discuss your birth plan and any preferences with your doctor during the online consultation.
- Pack a hospital bag with essentials for yourself, your baby, and your birthing partner.
- Ensure you have adequate travel insurance that covers childbirth abroad.
- Stay hydrated and take regular breaks during travel to prevent discomfort.
- Know the location and contact details of your chosen hospital or clinic in Spain.
- Keep in mind that postoperative instructions will be provided by your childbirth doctor in Spain.



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Prepared by Medical Coordinator

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Your personal medical assistant will be with you shortly.
Please stay tuned.