

# Your Guide to Prepare for Bone Marrow Transplantation Trip in Germany



## Documents and Visa Requirements

- Passport valid for at least 6 months beyond your stay with at least two blank pages.
- Visa for Germany, if applicable. Check requirements based on country of origin at [Germany Visa Requirements](#).
- Medical documents: referral for treatment, medical history, and records related to your condition.
- German clinics, such as Helios Berlin Buch, provide diagnostics like MRI, CT, PET scans, and laboratory tests if you lack certain documents.



## Accommodation Options

Accommodation options include hospital stays for the duration of inpatient care. Partner hotels may offer discounts, or you can choose self-booking. While some clinics may provide free accommodation for patients, it's not a standard practice. Average hotel stay per night ranges from €70 to €150.



## Transfer Services

- Clinics may offer free airport transfers, but confirm this service when scheduling your appointment.
- Popular taxi services such as Free Now and MyTaxi, with approximate prices starting at €3 plus €2 per kilometer.



## Interpreter Services

Interpreter services are available, often at an additional cost. Some clinics may include this service for free as part of international patient services.



## Payment Methods

- Accepted payment options include cash and credit/debit cards.
- The local currency is the Euro (€). It's advisable to have local currency for small expenses.
- Paying in dollars or euros is common in Germany, but having local currency is recommended for ease of travel.



## Pre-Op Bone Marrow Transplantation Tips

- Discuss with your doctor any medications you're taking, as some may need to be stopped before the procedure.
- Arrange for someone to assist you during the recovery period after the transplantation.
- Follow any dietary restrictions or guidelines provided by the transplantation team.
- Prepare your body for the procedure by getting adequate rest and maintaining a healthy diet.
- Plan for a hospital stay and arrange your affairs at home accordingly.
- Carry emergency contact information and details of your medical condition with you.
- Ensure you have an adequate stock of personal hygiene items for your hospital stay.
- Remember that postoperative instructions will be provided by your bone marrow transplantation doctor.



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**Prepared by Medical Coordinator**

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