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



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.

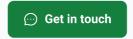


Pre-Op Bone Marrow Transplantation Tips

- 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 Yan Matsiievskiy

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