

Prepare for Your Cataract Treatment in Poland



Documents and Visa Requirements

- Ensure you have a valid passport for international travel to Poland.
- Check visa requirements for Poland at the official website of the Ministry of Foreign Affairs or consult with the Polish consulate in your country.
- Prepare medical documents like your medical history, details of previous treatments, and any pertinent test results related to your eye condition.
- Clinics in Poland typically provide diagnostic services to confirm the cataract and plan appropriate treatment if you do not have recent medical documents.



Accommodation Options

- Most clinics offer an individual chamber for the hospital stay included in the treatment package.
- Partner hotels may offer discounted rates for patients; inquire with your clinic for options.
- Self-booking is also possible with an average hotel stay per night ranging from \$40 to \$100.
- The accompanying person can stay with the patient in the individual chamber or book separate accommodation.



Transfer Services

- Clinics may offer regular transfer services from the airport to the clinic/hotel; inquire if this service is free or paid.
- Popular taxi services in major Polish cities can also be used, with prices starting from approximately PLN 40 (\$10).



Interpreter Services

Interpreter services are often available at Polish clinics. Check with your clinic if the service is complimentary or if additional fees apply.



Payment Methods

- Cash and card payments are accepted. It's recommended to clarify with your clinic which card types are accepted.
- The local currency is the Polish Zloty (PLN), and it is advisable to have some local cash for minor expenses.
- Some places may accept dollars or euros, but it's generally better to pay in the local currency for the best exchange rates.



Before Your Cataract Treatment

- Consult with your primary care physician to ensure you are fit for travel and surgery.
- Arrange for someone to accompany you during your trip if possible, as you may need assistance post-surgery.
- Bring sunglasses to protect your eyes from bright light after the procedure.
- Discuss all your current medications with your surgeon, as some may need to be paused.
- Avoid food and drinks at least 8 hours before your surgery as per standard preoperative instructions.
- Ensure good sleep the night before your treatment for better recovery.
- Carry a copy of all your medical records and contact information for your healthcare providers.
- Remember that recovery times can vary, so plan your return trip accordingly.



Connect with a Bookimed coordinator for clinic search and trip planning assistance



Bookimed's Accreditation and Expertise Certificates



900 000+ clients worldwide
found **best treatment** with Bookimed



Prepared by Medical Coordinator
[Yan Matsiievskiy](#)

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