

# Your Guide to Prepare for Gastric Balloon Trip to Mexico



## Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of exit from Mexico.
- Travelers from many countries can enter Mexico without a visa for short visits (under 180 days for tourism or business). Visit the Mexican Government's immigration page or consulate for specific country requirements.
- Medical records detailing your health conditions, medical history, and any previous treatments.
- Clinics in Mexico may provide diagnostics and tests if you lack certain medical documents, including pre-op tests which may cost around \$100 USD if under 40, or \$250 USD if over 40.



## Accommodation Options

Accommodation is generally not included with the gastric balloon procedure. Patients can expect to stay 2 days in the hospital and approximately 7 days in a hotel. Partner hotels may offer discounts. Booking options are typically self-arranged. Average hotel stay per night could range from \$50 to \$150, depending on the hotel's quality and location.



## Transfer Services

- Clinics in Mexico might not offer free airport transfers. However, they may arrange transportation from San Diego (SD) for \$380 USD return or from Yuma for \$300 USD return.
- Taxi services are widely available. Prices may vary, but a typical fare from the airport to the city center could cost approximately \$20-\$50 USD.



## Interpreter Services

Interpreter services may be available through the clinic, often at an additional cost. The use of a personal medical coordinator can help navigate any language barriers.



## Payment Methods

- Cash and credit card are commonly accepted forms of payment for medical procedures.
- The local currency is the Mexican Peso, but US dollars and sometimes euros are widely accepted in tourist areas. However, it is advisable to have some local currency for smaller purchases and in areas less frequented by tourists.



## Pre-Op Gastric Balloon Tips

- Follow a pre-operative diet as advised by your doctor to prepare your stomach for the procedure.
- Ensure you have a support system in place for your recovery period.
- Plan for a post-operative diet change and have the necessary dietary items readily available upon your return.
- Discuss all medications and supplements you are taking with your doctor to avoid any potential complications.
- Stay hydrated and avoid alcohol and tobacco at least a week before the procedure.
- Arrange for someone to assist you after the procedure, as you may experience discomfort and require help.
- Prepare to take time off work for your recovery; discuss this with your employer beforehand.
- Remember to bring comfortable clothing that is easy to put on and remove post-surgery.



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**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

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