

Prepare for Your Gastric Balloon Trip to Poland



Documents and Visa Requirements

- Passport valid for at least 6 months beyond your stay.
- European Health Insurance Card (EHIC) for EU residents, or travel insurance.
- Check visa requirements for Poland based on your country at [Schengen Visa Information for Poland](#).
- Medical records related to your health condition, previous treatments, and any allergies.
- Clinics in Poland may provide additional diagnostics and tests if necessary medical documents are lacking.



Accommodation Options

Patients can stay in a two-bed ward during their hospital stay. Partner hotels, such as the 3* Accor Mercure Jelenia Góra, offer superior rooms with breakfast at €65/day for a single room and €80/day for a double. These accommodations are not included in the medical package and are optional extras.



Transfer Services

- Transfer services from the airport to the hotel and clinic are not included in the basic medical package but can be arranged.
- Personal driver services are available with prices starting at €190 for Wroclaw airport or train station pickups. Other locations have different rates.
- Popular taxi services like iTaxi or myTaxi are available in major cities with varying prices.



Interpreter Services

Interpreter services may be available upon request. While some clinics may offer this service for free, others may charge an additional fee. It's best to inquire with the clinic directly regarding the cost and availability of interpreters.



Payment Methods

- Payments can usually be made using cash or card.
- The local currency in Poland is the Polish Zloty (PLN), and it is advisable to have some local currency for small expenses.
- Some establishments may accept payment in euros or dollars, but it is not guaranteed.



Pre-Op Gastric balloon Tips

- Follow a pre-operative diet if advised by your doctor to prepare your body for the procedure.
- Discuss all your current medications with your surgeon to avoid any complications.
- Refrain from smoking and alcohol consumption as they can affect the surgery and recovery process.
- Plan for a recovery period and arrange for help at home if needed post-surgery.
- Stay hydrated and get adequate rest before the procedure.
- Bring comfortable clothing and personal items for your hospital stay.
- Ensure you understand the post-operative diet and follow it strictly to achieve the best results.



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Prepared by Medical Coordinator

[Yan Matsiievskiy](#)

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