

Your Guide to Prepare for Gastric balloon Trip to Spain



Documents and Visa Requirements

- Valid passport or travel document that remains valid for at least three months beyond the length of your stay.
- Check Spain's visa requirements for your country at the official website of the Spanish Ministry of Foreign Affairs or contact the nearest Spanish embassy.
- Medical documents: referral from your doctor, medical history, any previous endoscopic or surgical reports, and medication list.
- Clinics in Spain offer diagnostic tests if the patient lacks medical documents, including blood tests, abdominal ultrasound, or a gastrointestinal evaluation if necessary.



Accommodation Options

Accommodation is not included in the medical package. Patients can choose from:

- Hospital stays, if required, will be charged separately.
- Partner hotels with discounts may be available through the clinic.
- Self-booking options through platforms like Booking.com or Airbnb.
- Average hotel stay per night: approximately €100-€200, depending on the location and standard of the hotel.



Transfer Services

- Clinics may offer free or paid airport transfers. Confirm with the clinic beforehand.
- Popular taxi services like Taxi España or Uber operate in major cities; approximate prices range from €20 to €50 for inner-city transfers.



Interpreter Services

Interpreter services are usually available upon request. While some clinics may offer this service for free, others may charge an additional fee. Confirm with your medical coordinator for specific details.



Payment Methods

- Payments can be made using cash or credit/debit cards.
- The local currency is the Euro (€), and it is recommended to have local currency for smaller expenses and convenience.
- In most places, payments in dollars or euros are accepted, but it's advisable to have euros for ease of transactions.



Pre-Op Gastric balloon Tips

- Consult with your doctor about any medication adjustments needed before the procedure.
- Maintain a healthy diet and avoid overeating before the operation.
- Stay hydrated, but avoid alcoholic beverages and smoking at least 24 hours before surgery.
- Plan for a friend or family member to accompany you, if possible, for support during your recovery period.
- Discuss with your doctor any concerns or questions you have about the gastric balloon procedure and recovery process.
- Ensure you have comfortable clothing and essential items for a 14-day hotel stay post-procedure.
- Understand the post-operative diet and lifestyle changes that will be necessary for optimal results.



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

 **Get in touch**

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.