

Prepare for Your Herniated Disk Treatment in Germany



Documents and Visa Requirements

- Ensure you have a valid passport with at least six months remaining before expiry.
- Check visa requirements for Germany on the official Federal Foreign Office website at [auswaertiges-amt.de](https://www.auswaertiges-amt.de), as they vary by country.
- Bring medical documents detailing your herniated disk condition, including any MRIs, CT scans, and treatment histories.
- German clinics can provide diagnostic tests such as MRIs or CT scans if you need additional documentation.



Accommodation Options

Patients can expect a two-bed ward during their hospital stay. For the postoperative phase, partner hotels may offer discounted rates. Accommodation is generally not free and the average hotel stay per night ranges from €50 to €150. The accompanying person's stay conditions will be subject to the hotel's policy.



Transfer Services

- Clinics typically do not include free airport transfers, so they should be arranged separately.
- Popular taxi services, like Taxi Deutschland, can be used, with prices starting around €3 per kilometer.



Interpreter Services

Interpreter services are available but are not typically free. The cost will depend on the language and duration of services required.



Payment Methods

- Payments can be made using cash or card.
- The local currency is the Euro, and having local cash is recommended for smaller expenses.
- While euros are preferred, some places may accept dollars or other major currencies.



Before Your Herniated Disk Treatment

- Consult with your local doctor to ensure you are fit for travel and surgery.
- Bring a list of current medications and share this with your treating physician in Germany.
- Prepare a recovery plan for when you return home, including physical therapy if necessary.
- Follow all preoperative instructions given by your medical coordinator or surgeon.
- Pack comfortable clothing and personal items, keeping in mind your mobility may be limited post-surgery.
- Ensure you have international health insurance coverage for your treatment.
- Learn some basic German phrases or have a translation app ready to facilitate communication.
- Plan for adequate rest and avoid strenuous activities before your treatment.



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Prepared by Medical Coordinator

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