

# Your Guide to Prepare for Herniated Disk Treatment in Spain

## Documents and Visa Requirements

- International travelers should carry a valid passport and, if required, a Schengen visa for entry into Spain.
- Visa requirements vary by country; check the Spanish consulate or embassy website for specific details ([Ministry of Foreign Affairs, European Union and Cooperation of Spain](#)).
- Medical documents including referral letters, medical history, imaging results, and a list of medications should be compiled before traveling for Herniated disk treatment.
- Clinics in Spain can provide diagnostics and tests such as MRI, CT scans, and others if the patient lacks certain medical documents.

## Accommodation Options

Patients undergoing Herniated disk treatment in Spain can stay in an individual chamber in the hospital for the duration of their treatment, typically 5 days. Following hospital discharge, arrangements for a 5-day stay in a hotel can be made. The clinic does not provide free accommodation, however, medical travel arrangements can include booking of hotel rooms at special partner prices. The average cost for a hotel stay per night can range from €50 to €200. Accompanying persons may stay with the patient in the hospital or book a separate accommodation, depending on the clinic's policy and availability.

## Transfer Services

- Transfer services from the airport to the clinic and vice versa are not included but can be arranged by the medical coordinator.
- Popular taxi services such as Radio Taxi and Taxi Meridiana operate in major Spanish cities with approximate prices starting from €20 for city transfers.

## Interpreter Services

Interpreter services are available for non-Spanish speaking patients and may incur additional costs. The medical coordinator can assist in arranging these services. Some clinics may offer this service for free, especially during medical consultations and procedures. It is advisable to confirm the availability and cost of interpreter services ahead of time.

## Payment Methods

- Payment for medical services can be made using cash or credit/debit cards.
- The local currency is the Euro (EUR), and it is advisable to carry some local currency for small expenses.
- While some establishments may accept payment in dollars or euros, it is generally recommended to pay in Euros for convenience.

## Before Your Herniated Disk Treatment

- Consult with your local doctor and the Spanish clinic about any pre-treatment preparations required.
- Ensure that you have all your current medical records and imaging accessible and ready to share with the medical team in Spain.
- Plan your travel and accommodation well in advance, taking into consideration the recommended duration of stay before and after treatment.
- Discuss dietary restrictions or special needs with the clinic before your arrival.
- Prepare a list of questions or concerns you have about the surgery to discuss with your surgeon.
- Consider bringing a friend or family member for support during your medical journey.
- Learn a few key phrases in Spanish or have a translation app ready for basic communication.
- Follow any preoperative instructions given by your doctor, such as fasting or medication adjustments.



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Prepared by Medical Coordinator

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