

Your Guide to Prepare for Herniated Disk Treatment Trip in Turkey

Documents and Visa Requirements

- Passport valid for at least 6 months beyond your stay and travel insurance are mandatory.
- Check visa requirements based on your country of origin on the official Republic of Turkey Electronic Visa Application System at <https://www.evisa.gov.tr/en/>.
- Carry medical records such as imaging results (MRI scans), previous medical reports, and any notes from your local doctor regarding your herniated disk condition.
- If you lack certain medical documents, clinics in Turkey may provide diagnostic services like MRIs, blood tests, and consultations with a neurosurgeon to complete your medical file before treatment.

Accommodation Options

Clinics typically do not include accommodation, but they often have partnerships with nearby hotels offering discounted rates. Hospital stays are part of the treatment package. Average hotel stay per night can range from \$50 to \$150, depending on the hotel's quality. Accompanying persons may stay with the patient or at the partner hotel, with conditions varying by clinic.

Transfer Services

- Many clinics provide free airport transfers; otherwise, they can arrange transportation for a fee.
- Popular taxi services like BiTaksi and iTaksi can be used, with prices varying by city, generally starting around 3.00 TRY (\$0.16) per kilometer.

Interpreter Services

Interpreter services are often available for international patients, either free of charge or for a fee, depending on the clinic. It's essential to confirm this with the clinic beforehand.

Payment Methods

- Payment can typically be made using cash or credit/debit cards.
- The local currency is the Turkish Lira (TRY), and it's advisable to have some for minor expenses, although dollars or euros are widely accepted in major cities.

Before Your Herniated Disk Treatment

- Consult with your local doctor to ensure you're fit for travel and the procedure.
- Follow any preoperative instructions given by the Turkish clinic, such as fasting before surgery.
- Plan for adequate recovery time in Turkey before returning home, as recommended by the medical team.
- Ensure you have someone to accompany you or make arrangements with the clinic if you will be alone.
- Learn basic Turkish phrases or use a translation app to help with everyday interactions.
- Pack a list of all medications and dosages you are currently taking.
- Bring comfortable clothing and personal items that will aid in your hospital stay and recovery.
- Keep all travel and medical documents organized and easily accessible throughout your trip.

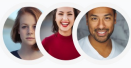



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