

# Your Guide to Prepare for Hip Replacement Trip in Germany



## Documents and Visa Requirements

- Valid passport and possibly a visa depending on your country of origin.
- Check visa requirements and apply for a visa if necessary at [German Foreign Office](#).
- Medical referral for hip replacement, medical history, and X-rays or MRI scans.
- Clinics in Germany provide diagnostics and tests if certain medical documents are missing.



## Accommodation Options

Hospital stays are typically in individual chambers or two-bed wards. Patients should note that accommodation is not included in the medical package and will be an additional cost. Partner hotels may offer discounts, and self-booking is also an option. The average price for a hotel stay per night ranges from €80 to €150.



## Transfer Services

- Clinic transfers are not included in the medical package.
- Popular taxi services like Free Now and MyTaxi operate in major cities, with prices starting around €3 plus €2 per kilometer.



## Interpreter Services

Interpreter services are available for an additional fee, offering 10 hours of translation services to assist during the medical journey.



## Payment Methods

- Payments can be made using cash or card.
- The local currency is the Euro (EUR), and it's recommended to have local cash for minor expenses.
- Major expenses like medical fees can often be paid in euros or sometimes in dollars.



## Pre-Op Hip Replacement Tips

- Stop taking medications that can thin your blood, like aspirin, a week before surgery.
- Organize your home to avoid the need for bending or reaching post-surgery.
- Plan for assistance at home for the first few weeks after the operation.
- Conduct pre-operative exercises as recommended by your doctor.
- Quit smoking to improve recovery and overall surgical outcomes.
- Adhere to dietary guidelines, especially if you have specific nutritional requirements or allergies.
- Ensure all pre-operative tests are completed as instructed by the clinic.
- Inform your surgeon of any changes in your health prior to surgery.



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**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

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