

# Your Guide to Prepare for Hip replacement Trip in Poland



## Documents and Visa Requirements

- **Passport:** Ensure it has at least six months of validity post your travel dates.
- **Medical Visa:** Depending on your country of origin, you may need a visa to enter Poland. Check the current visa requirements on the official website of the Polish consulate or use visa assistance services provided by platforms like Bookimed.
- **Medical Documentation:** Bring your medical history records, recent test results, and any imaging (X-rays, MRIs) related to your hip condition.
- Clinics in Poland will provide diagnostics and tests if you lack certain medical documents, but it's advisable to have them beforehand to expedite the process.



## Accommodation Options

Patients undergoing hip replacement in Poland can expect individual chambers in the hospital, often with private bathrooms, full board, and internet access. Some clinics may offer this as part of the treatment package, while others may not include accommodation. Partner hotels may offer special rates, and medical travel platforms can assist with bookings. The average hotel stay per night can range from \$50 to \$150, depending on the hotel's standard and location.



## Transfer Services

- Clinics may offer free or paid airport transfer services. It is important to confirm this with your clinic beforehand.
- Popular taxi services like iTaxi and Free Now operate in major Polish cities, and fares can start from around 2 PLN/km.



## Interpreter Services

Interpreter services are frequently available, especially in clinics that cater to international patients. While some may offer this service for free, others may charge an additional fee. It is essential to arrange these services in advance to ensure seamless communication with your medical team.



## Payment Methods

- You can typically pay with cash or card for medical services in Poland.
- Poland's local currency is the Polish Zloty (PLN), and it is advisable to have some local currency for minor expenses, although major expenses can often be paid in euros or dollars.



## Pre-Op Hip replacement Tips

- Follow your surgeon's guidelines on medication adjustments and when to stop eating or drinking before surgery.
- Arrange for someone to help you at home after you are discharged from the hospital.
- Prepare your home for your return, considering mobility aids and the removal of trip hazards.
- Engage in preoperative exercises if recommended by your healthcare provider.
- Stop smoking and reduce alcohol intake well before the surgery, as these can affect recovery.
- Pack comfortable clothing and personal items that are easy to put on and take off.
- Keep all necessary documents easily accessible during your trip.



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**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

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