

# Prepare for Your Uterine fibroids Treatment in Turkey

## Documents and Visa Requirements

- Valid passport or travel ID as international travel documents for entry into Turkey.
- Visa requirements vary by country; check the Republic of Turkey's e-Visa application system at <https://www.evisa.gov.tr/en/> for specifics.
- Medical documents including health history, previous treatments, and current medications.
- Clinics in Turkey may provide diagnostics and tests if certain medical documents are lacking.

## Accommodation Options

Patients can expect a 2-day hospital stay following myomectomy, with subsequent accommodation in a hotel for 4 days. Some clinics may offer free or discounted stays in partner hotels. Otherwise, self-booking options are available. Average hotel stay per night ranges from \$50 to \$150. Accompanying person's stay conditions depend on the clinic's policy and room availability.

## Transfer Services

- Many clinics offer free VIP transfers between the airport, clinic, and hotel. Confirm this service when booking.
- Popular taxi services like BiTaksi and iTaksi are available, with prices starting around 3 TRY (≈\$0.16) per kilometer.

## Interpreter Services

Interpreter services are often available, either complimentary or at an additional cost, depending on the clinic's policy. Confirm this service when booking.

## Payment Methods

- Medical costs can be paid using cash or card.
- The local currency is the Turkish Lira (TRY), and it's recommended to carry some for minor expenses.
- Some establishments may accept payment in dollars or euros, but it's advisable to have local currency for convenience.

## Before Your Uterine fibroids Treatment

- Consult with your local doctor about the upcoming treatment and any necessary medical preparations.
- Ensure you have enough of your regular medications and any required medical records.
- Abstain from smoking and drinking alcohol at least a week before the surgery.
- Maintain a healthy diet and stay hydrated in the days leading up to the treatment.
- Arrange for someone to assist you after the surgery during your recovery period in the hotel.
- Follow any pre-operative instructions given by the clinic, such as fasting before the surgery.
- Plan for enough rest and relaxation after the procedure to aid in recovery.
- Remember that postoperative instructions will be provided by your Uterine fibroids treatment doctor.



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**Prepared by Medical Coordinator**

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