

Your Guide to Prepare for In Vitro Fertilization (IVF) Trip to Germany



Documents and Visa Requirements

- Valid passport or travel document with at least three months beyond your planned date of departure from Germany.
- Patients should check visa requirements on the official website of the German Embassy or Consulate in their country or via [Schengen Visa Info](#).
- Necessary medical documents may include medical history, previous IVF attempts, and relevant medical reports.
- Clinics in Germany can provide diagnostics and tests for patients lacking certain medical documents, ensuring a comprehensive health evaluation before IVF.



Accommodation Options

Germany offers a wide range of accommodation options including hospital stays, partner hotels with special discounts, or self-booking options. Clinics may not provide free accommodation, so patients are advised to account for this in their budgeting. Average hotel stay per night can range from €50 to €200.



Transfer Services

- Clinics typically do not offer free airport transfers, but this service can be arranged for a fee.
- Popular taxi services like Free Now and MyTaxi offer rides with approximate prices starting from €3 base fare plus €2 per kilometer in major cities.



Interpreter Services

Interpreter services are available, and while some clinics may offer this service for free, others may charge additional fees. It is essential to confirm this before your trip.



Payment Methods

- Payment options include cash and card transactions.
- The local currency in Germany is the Euro (€), and having local cash is recommended for smaller expenses.
- While it's possible to pay in dollars or euros at some places, it's more practical to use local currency for everyday transactions.



Pre-Op In Vitro Fertilization (IVF) Tips

- Maintain a healthy diet and manage stress levels before the procedure to optimize your physical and mental well-being.
- Discuss all medications and supplements you are taking with your IVF specialist, as some may need to be adjusted or stopped.
- Plan your travel schedule to allow for rest and minimal stress before and after the procedure.
- Follow any pre-op instructions provided by your IVF clinic, such as specific dietary guidelines or activity restrictions.
- Ensure you understand the potential side effects and post-procedure care instructions, even though your IVF doctor will provide detailed information.
- Consider bringing a companion for support during your medical journey.
- Stay hydrated and get adequate sleep leading up to the IVF procedure.
- Prepare a list of questions or concerns to discuss with the IVF specialist during your consultation.



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Prepared by Medical Coordinator

[Yan Matsiievskiy](#)

Your personal medical assistant will be with you shortly.
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