

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



## Documents and Visa Requirements

- Valid passport and, if required, a tourist visa. Check the expiration date to ensure it's valid for at least six months beyond your planned date of return from Mexico.
- Check visa requirements based on your country of origin on the official website of the Mexican embassy or consulate in your country.
- Medical records relevant to your IVF treatment, including previous fertility tests and treatments.
- Clinics in Mexico can provide diagnostics and tests such as follicular follow-ups, estradiol testing, and ultrasounds if you lack certain medical documents.



## Accommodation Options

While some clinics may offer accommodation, it typically is not included in the IVF package price. Options include apartments or partner hotels, which may offer discounts. Hospital stays are usually included in the procedure cost. The average hotel stay per night can range from \$50 to \$150 USD, depending on the quality and location.



## Transfer Services

- Some clinics offer free airport-hotel-clinic-airport transfers, while others may charge additional fees.
- Popular taxi services such as Uber and local taxis are available with approximate prices ranging from \$10 to \$50 USD depending on the distance.



## Interpreter Services

Interpreter services may be available for patients who do not speak Spanish, with the possibility of these services being included in the IVF package or available at an extra cost.



## Payment Methods

- Cash and card payments are accepted. It's advisable to inform your bank of international transactions to avoid any issues.
- The local currency is the Mexican Peso (MXN), and while some places may accept dollars or euros, it's generally recommended to have local currency for smaller purchases and convenience.



## Pre-Op In Vitro Fertilization (IVF) Tips

- Follow all pre-operative instructions provided by your IVF specialist to ensure the best possible outcome.
- Maintain a balanced diet and a healthy lifestyle leading up to your treatment.
- Discuss any medications you are taking with your IVF doctor as they may affect your treatment.
- Plan for adequate rest post-procedure and arrange for support if needed.
- Stay hydrated and avoid alcohol and smoking before the procedure.
- Consider stress-reduction techniques such as meditation or counseling to improve your emotional well-being.
- Prepare a list of questions or concerns to discuss with your IVF team during your visits.
- Ensure you have a clear understanding of the costs involved and any additional tests or medications that may be necessary.



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**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

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