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



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of departure from Poland.
- Schengen visa if required. Check the current visa requirements for your country at the official Polish consulate website or the Schengen Visa Info portal.
- Referral from your local doctor and detailed medical history.
- · Previous IVF attempts records, if any.
- Polish clinics may offer diagnostics like hormone tests, infectious diseases screening, and semen analysis if you don't have recent results.



Accommodation Options

IVF clinics in Poland typically do not provide free accommodation. Options include:

- Partner hotels offering discounts for clinic patients.
- Self-booking through online platforms like Booking.com or Airbnb.
- Expect to pay on average \$50-100 per night for a hotel stay.



Transfer Services

- Clinics may offer paid airport transfer services on request.
- Popular taxi services like iTaxi and MyTaxi operate in major cities, with an approximate cost of \$0.50 to \$1 per kilometer.



Interpreter Services

Interpreter services are often provided by the clinics, sometimes for an additional fee. Confirm with your clinic if this service is available and its cost.



Payment Methods

- Payment options usually include cash and credit/debit cards.
- The local currency is the Polish złoty (PLN). It is advisable to have local cash for smaller expenses.
- Payment in euros or dollars may be accepted at some clinics, but it's not common practice.

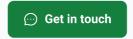


Pre-Op In Vitro Fertilization (IVF) Tips

- Adhere to the pre-treatment instructions provided by your IVF clinic regarding medication and lifestyle changes.
- Arrange for adequate rest and recovery time post-procedure in Poland before traveling back.
- Research and follow any dietary recommendations that may enhance treatment success.
- Practice relaxation techniques to manage stress and promote a positive mindset.
- Keep a detailed calendar of your treatment schedule and any required medications or injections.
- Stay in close communication with your medical coordinator for any questions or concerns.
- Ensure you understand the risks and success rates of IVF procedures to set realistic expectations.
- Have a support system in place, whether it's your partner, a friend, or a support group.



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Prepared by Medical Coordinator Yan Matsiievskiy

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