

# 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 zloty (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**

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