

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



## Documents and Visa Requirements

- Passport valid for at least three months beyond your stay.
- European Health Insurance Card (EHIC) for EU residents or private health insurance.
- Check visa requirements based on your country of origin at the Spanish Ministry of Foreign Affairs website or your local Spanish consulate.
- Medical documents: referral from your local doctor, medical history, and any previous IVF attempts.
- Clinics in Spain may provide diagnostics and tests if you lack certain medical documents.



## Accommodation Options

Accommodation is not included with IVF procedures. Clinics may recommend partner hotels with discounts, or you can self-book. Hospital stays are not typically required for IVF. Average hotel stay per night ranges from €50 to €200.



## Transfer Services

- Clinics do not typically offer free airport transfers.
- Popular taxi services like Taxi Madrid or Taxi Barcelona have approximate prices starting from €30.



## Interpreter Services

Interpreter services may be available upon request. Costs vary, and some clinics may include it for free or as part of the consultation fee.



## Payment Methods

- Credit and debit cards are widely accepted.
- Local currency is the Euro (EUR). It is advisable to have local cash for small expenses.
- Many places also accept payments in dollars or euros.



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

- Adhere to any pre-treatment instructions provided by your clinic, such as medication protocols or health optimization.
- Maintain a balanced diet, stay hydrated, and avoid smoking and alcohol before treatment.
- Prepare emotionally and physically for the treatment with relaxation techniques or counseling if needed.
- Ensure you have a support system in place, whether it's friends, family, or an online community.
- Understand the legal aspects of IVF in Spain and discuss these with your clinic.
- Plan your stay in advance, accounting for the possibility of extended treatment.
- Follow any travel advisories or health regulations, especially in light of the pandemic.



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**Prepared by Medical Coordinator**

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