

Your Guide to Prepare for Kidney Transplant Trip to Germany



Documents and Visa Requirements

- Valid passport or travel document with at least three months validity beyond your planned date of departure from Germany.
- Visa requirements vary based on the patient's nationality. Check the German Federal Foreign Office website or contact your local German embassy for specific visa requirements.
- Medical documents including recent medical reports, kidney function tests, and a letter from your local doctor detailing the need for a transplant.
- German clinics can provide diagnostics and tests if certain medical documents are unavailable, ensuring that all necessary pre-transplant evaluations are completed.



Accommodation Options

German clinics may offer accommodation, but it is not typically free of charge. Accommodation options include:

- In-hospital stays in individual chambers, the cost of which is usually included in the medical bill.
- Partner hotels with special discounts for patients are often available through the clinic's patient services.
- Self-booking through various hotel booking platforms, with average prices ranging from €80 to €150 per night.



Transfer Services

- Some clinics offer free airport transfers; otherwise, paid transfers can be arranged.
- Popular taxi services such as Taxi Deutschland or MyTaxi operate in major cities, with approximate prices starting from €25 for short distances.



Interpreter Services

Interpreter services may be arranged by the clinic, sometimes for an additional fee, to ensure clear communication between the patient and medical staff.



Payment Methods

- Payments can be made using cash or card, including major international credit cards.
- Local currency (Euro) is necessary for most transactions, though some places may accept dollars or euros.



Pre-Op Kidney Transplant Tips

- Follow a healthy diet and keep hydrated as per your doctor's advice.
- Abstain from smoking and alcohol consumption prior to surgery.
- Discuss all your medications with your transplant team to know which ones to continue or stop.
- Prepare your body for surgery with light physical activity, as recommended by your healthcare provider.
- Arrange for post-operative care and assistance in advance for your recovery period.
- Be aware of all the risks and benefits associated with kidney transplant surgery and discuss them with your doctor.
- Ensure that you have a support system in place, such as family or friends, to help during your recovery.
- Keep all your medical records organized and easily accessible during your travel.



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Your personal medical assistant will be with you shortly.
Please stay tuned.