

Your Guide to Prepare for Herniated Disc Surgery Trip to Spain



Documents and Visa Requirements

- Valid passport or travel document with a minimum validity of three months beyond your planned stay in Spain.
- Visit the official Spanish visa portal or consult the Spanish embassy in your country to check visa requirements: [Spanish Ministry of Foreign Affairs](#).
- Medical documents: referral for surgery, medical history, MRI scans, and any previous treatment records related to your herniated disc condition.
- If certain documents are missing, clinics in Spain typically offer diagnostic services like electrocardiograms and blood tests to ensure you're ready for surgery.



Accommodation Options

Patients undergoing herniated disc surgery in Spain are provided with an individual chamber during their hospital stay. Partner hotels may offer discounts, but it is advisable to confirm and book in advance. Average hotel prices range from €50 to €150 per night, depending on the location and quality of the accommodation. Free accommodation is not typically provided by clinics outside the hospital stay.



Transfer Services

- Clinics in Spain generally do not include free airport transfers; patients must arrange their transportation.
- Popular taxi services like Taxi Barcelona and Madrid Airport Taxi offer rides with approximate costs starting from €30, depending on the distance to your accommodation or clinic.



Interpreter Services

Interpreter services are usually available upon request for non-Spanish speaking patients. Some clinics may offer this service for free, while others charge additional fees. It is essential to confirm the availability and cost with your clinic beforehand.



Payment Methods

- Cash and credit/debit cards are widely accepted payment methods.
- The local currency is the Euro (€), and it's advisable to have some for small expenses.
- Many establishments also accept payments in dollars and euros, but having local currency can make transactions smoother.



Pre-Op Herniated Disc Surgery Tips

- Follow all pre-surgery instructions provided by your medical coordinator, including fasting and medication guidelines.
- Arrange for someone to accompany you on the day of surgery, if possible.
- Wear loose, comfortable clothing and avoid bringing valuables to the hospital.
- Discuss any concerns or questions with your surgeon or medical coordinator beforehand.
- Ensure you have a recovery area set up at your accommodation with essentials within easy reach.
- Stay hydrated and attempt light walking as recommended post-surgery to promote circulation.
- Keep all postoperative appointments for optimal recovery monitoring.



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