

# Prepare for Your Herniated Disc Surgery Trip to Turkey



## Documents and Visa Requirements

- International travelers should have a valid passport with at least 6 months remaining before expiration.
- Patients can check visa requirements and apply for an e-Visa via Turkey's official e-Visa website (<https://www.evisa.gov.tr/en/>), based on their country of origin.
- Necessary medical documents include medical history records, imaging results (e.g., MRI scans), and any previous treatment details related to the herniated disc condition.
- Many clinics in Turkey offer diagnostic services such as MRI, X-ray, and blood tests if the patient lacks certain medical documents or requires updated tests.



## Accommodation Options

Although accommodation is not typically included in medical packages, many clinics have partner hotels offering discounts. Hospital stays are generally part of the surgery package. Self-booking is an option, and average hotel stay per night ranges from \$50 to \$150, depending on the hotel category and location.



## Transfer Services

- Some clinics offer free airport transfers, while others may charge additional fees.
- Popular taxi services include BiTaksi and iTaksi, with approximate prices starting from \$0.50 per km in major cities.



## Interpreter Services

Language assistance is often provided by the clinics, sometimes free of charge. If not included, interpreter services can be arranged for a fee, depending on the language and duration required.



## Payment Methods

- Payment can be made using cash or credit/debit cards.
- The local currency is the Turkish Lira (TRY), and having local cash may be necessary for incidental expenses.
- Many establishments also accept payments in US dollars or euros, but it's advisable to carry some local currency for convenience.



## Pre-Op Herniated Disc Surgery Tips

- Follow any pre-operative instructions provided by your doctor, such as fasting or medication adjustments.
- Arrange for someone to accompany you, if possible, for support during your stay.
- Bring comfortable, loose clothing for your post-surgery recovery period.
- Discuss pain management and post-operative care with your surgeon beforehand.
- Stay hydrated and maintain a healthy diet leading up to the surgery.
- Plan for adequate rest and time off work for your recovery post-surgery.
- Bring copies of all your medical records, imaging, and a list of current medications.
- Be aware of your mobility limitations post-surgery and plan for assistance as needed.



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**Prepared by Medical Coordinator**

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