

Your Guide to Prepare for Gastric Bypass Trip to Mexico



Documents and Visa Requirements

- Passport valid for at least 6 months beyond your stay.
- Tourist visa, if required for your nationality. Check the Mexican consulate website or [Instituto Nacional de Migración](#) for current visa policies.
- Medical records including your health history and any pertinent information related to your obesity treatment.
- If missing certain medical documents, Mexican clinics often offer diagnostics and tests before surgery.



Accommodation Options

Patients typically stay 2 days in the hospital followed by 2 days in a hotel. Some packages may include a 4-star hotel, but this is not always the case. When not included, patients can book rooms at special partner prices through medical travel arrangements. The average hotel stay per night can range from \$50 to \$150.



Transfer Services

- Clinics may not always offer free airport transfers, be sure to confirm with your medical coordinator.
- Popular taxi services like Uber or local taxis are available, with prices varying depending on the distance (approximately \$20-\$50 from the airport to most clinics).



Interpreter Services

Interpreter services are generally available, sometimes at an additional cost. Verify with your clinic if they provide this service for free or if there will be an extra charge.



Payment Methods

- Payment can be made with cash or credit/debit cards.
- The local currency is the Mexican Peso (MXN). It is advisable to have some local currency, but many places also accept US dollars.



Pre-Op Gastric Bypass Tips

- Follow your pre-operative diet strictly to reduce the size of your liver for a safer surgery.
- Stop smoking at least 4 weeks before the surgery to improve recovery.
- Avoid taking any blood-thinning medications and certain supplements as advised by your surgeon.
- Arrange for someone to assist you post-surgery as you will need help with daily activities initially.
- Prepare a recovery area at home that is comfortable and easily accessible.
- Stay hydrated and avoid caffeine and carbonated drinks before the surgery.
- Ensure you have a good understanding of the post-operative diet and follow it closely to avoid complications.
- All postoperative instructions will be given by your Gastric Bypass doctor.



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Prepared by Medical Coordinator

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