

Your Guide to Prepare for Gastric bypass Trip to Poland



Documents and Visa Requirements

- **Passport:** Ensure it is valid for at least six months beyond your planned date of departure from Poland.
- **Visa:** Check the current visa requirements for Poland on the official website of the Ministry of Foreign Affairs or at www.msz.gov.pl. Requirements vary based on the country of origin.
- **Medical Documents:** You should bring your medical history documents, any relevant medical imaging (like X-rays), and a list of current medications.
- Clinics in Poland will provide diagnostics and tests if you lack certain medical documents, but it is best to confirm this with them prior to your trip.



Accommodation Options

Patient stays for gastric bypass typically involve 2 days in the hospital followed by a hotel stay. The hospital offers a two-bed ward. Partner hotels, like Accor Mercure Jelenia Góra, offer superior rooms with breakfast at approximately €65/day for a single room and €75-€80/day for a double room. Accommodation costs are not included with the medical procedures and must be self-booked or arranged through medical travel assistance services.



Transfer Services

- Clinics typically do not offer free airport transfers. A personal driver can be arranged for pick up and drop off at prices ranging from €190 for Wrocław airport to €475 for Berlin Brandenburg airport.
- Popular taxi services are available in major Polish cities. The approximate price for a taxi ride can vary, so it's recommended to check current rates upon arrival.



Interpreter Services

Language assistance is often included with the medical procedures. However, for more comprehensive interpreter services, additional costs may apply. Confirm with the clinic prior to your trip whether interpreter services are needed and if they are included or available at an extra charge.



Payment Methods

- Payment can usually be made with cash or credit/debit cards.
- The local currency is the Polish Złoty (PLN). It is advisable to have some local cash for minor expenses, though many places accept payment in euros or dollars.



Pre-Op Gastric bypass Tips

- Follow a pre-operative diet as advised by your doctor to prepare your body for surgery.
- Avoid smoking and alcohol consumption for at least a few weeks before the procedure.
- Discuss all your current medications with your surgeon to avoid any perioperative complications.
- Arrange for someone to assist you post-surgery, especially for the first 24-48 hours.
- Plan for adequate recovery time and follow the postoperative diet strictly to ensure the best results.
- Ensure you have comfortable loose clothing for post-surgery wear and any necessary personal items.
- Stay hydrated and get plenty of rest in the days leading up to your surgery.



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Prepared by Medical Coordinator

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