

Prepare for Your Gastric bypass Trip to Spain



Documents and Visa Requirements

- Ensure you have a valid passport with at least 6 months remaining before expiration.
- Check visa requirements for Spain via the official Spanish consulate or embassy website based on your country of origin. Visit [Spanish Ministry of Foreign Affairs](#) for more information.
- Come prepared with medical documents such as medical history, any previous surgical reports, and details of current medications.
- If certain medical documents are missing, clinics in Spain, such as Teknon Medical Centre in Barcelona, may provide diagnostic tests and evaluations to complete your medical profile. Consultation cost with a specialist like Dr. Ballesta is typically around 350 euros.



Accommodation Options

Patients undergoing Gastric bypass can expect to stay 3 days in the hospital in an individual chamber. Following the hospital stay, a 5-day recovery in a hotel is standard. While some clinics may have partnerships with hotels for special rates, booking accommodation is generally self-managed and not included in the medical package. The average hotel stay per night in Spain can range from 50 to 200 euros, depending on the location and the level of comfort desired.



Transfer Services

- Transfer services from the airport to the clinic or hotel are not included in the medical package and must be arranged separately.
- Popular taxi services such as Taxi Barcelona or MyTaxi app offer convenient transport options with prices starting at approximately 30 euros for a ride from the airport to the city center.



Interpreter Services

Interpreter services may be necessary for patients who do not speak Spanish. Clinics may offer this service for an additional fee. It is advisable to confirm the availability and cost with the clinic beforehand. Some may offer it for free as part of the medical package.



Payment Methods

- Payment for medical services can typically be made using cash or credit/debit cards.
- The local currency in Spain is the Euro (EUR), and it is recommended to have local currency for smaller transactions and convenience.
- While some establishments may accept dollars or other major currencies, it is not common practice, and the exchange rate may not be favorable.



Pre-Op Gastric bypass Tips

- Consult with your bariatric surgeon about any pre-operative dietary restrictions and medications.
- Stop smoking and avoid alcohol consumption as recommended by your doctor to improve surgery outcomes and recovery.
- Prepare a list of questions or concerns to discuss during your pre-operative consultation.
- Plan for adequate recovery time post-surgery and arrange for assistance if necessary.
- Bring comfortable clothing and personal items to make your hospital stay more pleasant.
- Inform your medical team about any allergies or adverse reactions you may have had in the past.
- Follow all pre-surgery instructions provided by your surgeon to ensure the best possible results.
- Remember that postoperative instructions are critical for a successful recovery and will be provided by your Gastric bypass doctor.



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Prepared by Medical Coordinator

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