

Your Guide to Prepare for Gastric sleeve surgery (Sleeve gastrectomy) Trip in Germany



Documents and Visa Requirements

- Ensure you have a valid passport with at least 6 months remaining before expiration.
- Check visa requirements for Germany based on your country of origin at the official German Missions website or through [Auswärtiges Amt](#).
- Carry a referral letter from your local doctor explaining the need for surgery, medical history, and any medications you are currently taking.
- Bring copies of previous medical tests and records related to your condition. German clinics can provide diagnostics if certain medical documents are missing.



Accommodation Options

Many clinics in Germany offer partner hotels at discounted rates, or you can choose to self-book. Hospital stays are generally included in the medical procedure cost, but partner hotel accommodation is typically not free. Expect to pay an average of €100-€150 per night for a hotel stay. Bookimed can assist with booking air tickets and hotel rooms at special partner prices.



Transfer Services

- Some clinics offer free airport transfers; otherwise, paid options are available.
- Popular taxi services such as Free Now and MyTaxi are available in major cities with approximate prices starting from €2-3 per kilometer.



Interpreter Services

Interpreter services are often available upon request. Some clinics offer this service for free, while others may charge an additional fee. Bookimed provides personal medical coordinators who can assist with language support as part of their 24/7 assistance package.



Payment Methods

- Payment for medical services can usually be made with cash or credit card.
- The local currency is the Euro (€), and it's recommended to have some on hand for smaller expenses.
- While some places may accept dollars or euros, it's more convenient to use the local currency for transactions.



Pre-Op Gastric sleeve surgery (Sleeve gastrectomy) Tips

- Follow a pre-operative diet as advised by your surgeon to shrink your liver and reduce surgery risks.
- Stop smoking and avoid alcohol at least two weeks before the surgery to improve recovery.
- Discuss any medications you are taking with your surgeon as some may need to be stopped before the operation.
- Engage in light physical activity to promote better recovery and health outcomes.
- Plan for post-operative care at home, considering dietary changes and the need for support.
- Stay hydrated but avoid drinking anything after midnight on the day before your surgery.
- Arrange for someone to accompany you for support during your stay and for assistance after your procedure.
- All postoperative instructions will be given by your Gastric sleeve surgery (Sleeve gastrectomy) doctor.



Connect with a Bookimed coordinator for clinic search and trip planning assistance

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Prepared by Medical Coordinator

[Yan Matsiievskiy](#)

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