

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



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of departure from Mexico.
- For visa requirements, visit the official website of the Instituto Nacional de Migración ([INM](#)) to check based on your country of origin.
- Necessary medical documents include medical history, details of any medication you are currently taking, and any previous surgical procedures.
- Clinics in Mexico will provide diagnostics and tests if you lack certain medical documents, usually including blood tests, EKG, and a pre-operative assessment.



Accommodation Options

Clinics in Mexico may offer partnerships with 4* hotels for patient accommodation, generally not included in the surgery package. Average hotel stay per night ranges from \$50 to \$150. Hospitalization for the surgery is usually included, with stays varying from 1 to 2 days post-surgery.



Transfer Services

- Some clinics offer free airport-clinic-hotel-airport transfers.
- Popular taxi services are available with approximate prices starting from \$20, depending on the distance covered.



Interpreter Services

Interpreter services are available, often at an additional cost. It's advisable to confirm with the clinic beforehand if you require this service and its cost.



Payment Methods

- Payment options include cash and credit card transactions.
- The local currency is the Mexican Peso (MXN), however, USD and EUR may also be accepted in some places.
- It's recommended to have some local currency for small purchases and incidentals.



Pre-Op Gastric sleeve surgery (Sleeve gastrectomy) Tips

- Adhere to the pre-operative diet prescribed by your doctor to prepare your body for surgery.
- Stop smoking and avoid alcohol consumption at least two weeks before the surgery to enhance recovery.
- Arrange for someone to accompany you, if possible, for support during your medical journey.
- Discuss all medications you're taking with your surgeon, as some may need to be paused before the surgery.
- Stay hydrated and get plenty of rest before the surgery to maintain good health.
- Prepare comfortable clothing to wear post-surgery and during your stay in Mexico.
- Ensure you understand the post-operative care and dietary restrictions that will follow the surgery.



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Prepared by Medical Coordinator

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Your personal medical assistant will be with you shortly.
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