

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



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of departure from Poland.
- European Health Insurance Card (EHIC) for EU residents or travel health insurance.
- Patients from non-Schengen countries should check visa requirements at the official website of the Ministry of Foreign Affairs of the Republic of Poland or contact the nearest Polish consulate.
- Medical documents including referral from a primary care physician, medical history, and any previous surgical reports.
- Clinics in Poland offer diagnostics and tests such as biochemistry blood tests and other pre-op assessments if required documents are not available.



Accommodation Options

Hospital stays are typically in a two-bed ward. Partner hotels such as the 3* Accor Mercure Jelenia Góra offer superior rooms at €65/day for a single room or €80/day for a double, with breakfast included. For a more upscale experience, 4* hotel options are available. Accommodation is generally not provided for free by the clinics. The average hotel stay per night in Poland can range from €50 to €150 depending on the hotel's category and location.



Transfer Services

- Clinics may offer paid airport transfers. For example, a personal driver from Wroclaw airport or train station can cost €240.
- Popular taxi services like iTaxi or myTaxi are available in major cities; a trip from the airport to the city center may cost around €20-€40.



Interpreter Services

Interpreter services are offered by some clinics, potentially at an additional cost. It is advisable to confirm with the clinic beforehand if you require this service.



Payment Methods

- Clinics in Poland accept cash and card payments.
- The local currency is the Polish Zloty (PLN), and it is recommended to have local currency for smaller expenses and convenience, although some places may accept Euros or Dollars.



Pre-Op Gastric sleeve surgery (Sleeve gastrectomy) Tips

- Discuss all medications and supplements with your surgeon, as some may need to be stopped before surgery.
- Adhere to the pre-operative diet prescribed by your nutritionist to prepare your body for surgery.
- Plan for a recovery period and arrange for help at home if needed.
- Stop smoking at least six weeks before surgery to promote better healing.
- Stay hydrated and avoid alcohol before your surgery.
- Exercise regularly before the procedure to improve recovery.
- Follow your clinic's specific pre-operative instructions carefully.
- Ensure you understand the post-operative dietary plan and have the necessary foods and supplements ready at home.



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



Bookimed's Accreditation and Expertise Certificates



900 000+ clients worldwide
found **best treatment** with Bookimed



Prepared by Medical Coordinator
[Yan Matsiievskiy](#)

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