

# Prepare for Your Gastric sleeve surgery (Sleeve gastrectomy) Trip to Spain



## Documents and Visa Requirements

- Passport with at least six months validity.
- European Health Insurance Card (EHIC) if you are an EU resident.
- For non-EU residents, a Schengen Visa may be required. Check the requirements at [Schengen Visa Info](#).
- Medical referral letter, medical history, and any relevant medical documentation.
- Clinics in Spain may provide diagnostic tests if certain medical documents are unavailable.



## Accommodation Options

Patients are accommodated in an individual chamber during their hospital stay. Post-discharge accommodation can be arranged at partner hotels offering special prices for patients. The clinic does not provide free accommodation. The average hotel stay per night is approximately €100-€150.



## Transfer Services

- Patients are responsible for their own airport transfers as they are not included in the clinic services.
- Popular taxi services like Taxi Barcelona and Taxi Madrid offer rides with prices starting from €30, depending on the distance.



## Interpreter Services

Interpreter services are available upon request. This service may incur additional fees and it is advisable to arrange it in advance through the personal medical coordinator provided by Bookimed.



## Payment Methods

- Most clinics accept payments with cash or card.
- The local currency is the Euro (EUR), and it is recommended to have local cash for minor expenses.
- Payments in dollars may not be widely accepted, and it is advisable to use euros for transactions.



## Pre-Op Gastric sleeve surgery (Sleeve gastrectomy) Tips

- Consult with your primary care physician and a bariatric surgeon about the suitability and risks of the procedure.
- Follow a pre-operative diet as prescribed to prepare your body for surgery.
- Stop smoking and avoid alcohol consumption at least a couple of weeks before surgery.
- Arrange for post-operative support and care for your recovery period.
- Discuss all medications you are taking with your surgeon to adjust dosages if necessary.
- Plan for at least a 3-day hospital stay and additional 5 days in a hotel for recovery.
- Ensure you have a valid travel insurance policy that covers medical procedures abroad.
- Postoperative instructions will be provided by your bariatric surgeon.



**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.