

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



Documents and Visa Requirements

- Passport valid for at least six months beyond your stay with at least one blank visa page.
- Visa: Check the current visa requirements for Turkey based on your nationality at the official Republic of Turkey Electronic Visa Application System (evisa.gov.tr).
- Medical documents: Referral from your local doctor, medical history records, and any relevant test results.
- Clinics in Turkey can provide diagnostic tests if certain medical documents are not available.



Accommodation Options

Clinics offer a combination of hospital stays and hotel accommodations. Partner hotels may offer discounts, and some clinics provide accommodations as part of the treatment package. Hospital stays are typically included in the surgery cost, while hotel stays might be additional. Average hotel stay per night can range from \$50 to \$150, depending on the hotel's quality and location.



Transfer Services

- Clinics may offer free airport transfers; otherwise, paid services are available.
- Popular taxi services like BiTaksi and iTaksi operate in major cities, costing roughly \$0.40-\$0.60 per kilometer.



Interpreter Services

Interpreter services are often provided by the clinic, potentially free for a set number of hours (e.g., 12 hours). Additional services may incur extra costs.



Payment Methods

- Payment can be made via cash or credit card.
- The local currency is Turkish Lira (TRY), and it's recommended to have some for minor expenses.
- Major establishments may accept payment in USD or EUR, but it's best to exchange some money into TRY for convenience.



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.
- Discuss all medications you are taking with your surgeon, as some may need to be stopped before the surgery.
- Plan for a recovery area in your home that is comfortable and easily accessible.
- Arrange for someone to assist you at home after the surgery for at least the first week.
- Prepare comfortable, loose-fitting clothes for your stay in the hospital and for the trip back home.
- Stay hydrated and start practicing increased water intake before the surgery.
- All postoperative instructions will be provided by your Gastric sleeve surgery doctor in Turkey.



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Prepared by Medical Coordinator

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