

# Your Guide to Prepare for Stroke Rehabilitation Trip to Turkey



## Documents and Visa Requirements

- Passport valid for a minimum of 6 months from the date of entry into Turkey.
- Visa requirements vary by country; check the Turkish Ministry of Foreign Affairs website or use an official e-Visa application system at [www.evisa.gov.tr](http://www.evisa.gov.tr).
- Medical records detailing your stroke history and any relevant treatments or medications.
- Clinics in Turkey can provide additional diagnostics and tests if you lack certain medical documents.



## Accommodation Options

Patients can expect 6 days of hospital stay followed by a 7-day accommodation in a 4\* hotel. Partner hotels may offer discounts, and some clinics might provide free accommodation. Self-booking is also an option. Average hotel stay per night is approximately \$50-\$150.



## Transfer Services

- Clinics often offer free VIP transfers from the airport to the clinic and back.
- Popular taxi services include BiTaksi and iTaksi, with approximate prices ranging from \$0.50 to \$0.70 per kilometer.



## Interpreter Services

Interpreter services are typically available, sometimes free of charge, depending on the clinic. In other cases, there may be a fee, which will be communicated by the clinic.



## Payment Methods

- Payment options include cash and credit/debit cards.
- The local currency is the Turkish Lira (TRY), and it's recommended to have some on hand for smaller expenses.
- It is possible to pay in U.S. dollars or Euros in some places, but it's best to have local currency for convenience.



## Pre-Op Stroke rehabilitation Tips

- Consult with your current physician about your travel plans and any necessary adjustments to your treatment regimen.
- Bring enough medication to cover your entire stay in Turkey, plus a little extra in case of any delays.
- Stay well-hydrated and maintain a balanced diet to support your health during travel.
- Prepare a list of emergency contacts, including your clinic in Turkey and family back home.
- Understand the details of your rehabilitation program and any pre-rehabilitation instructions provided by the clinic.
- Keep electronic copies of all your medical documents accessible in case you need to share them with the clinic.
- Consider learning some basic Turkish phrases or download a translation app to aid in communication.



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**Prepared by Medical Coordinator**

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