

Your Guide to Prepare for Stem cell therapy Trip to Germany



Documents and Visa Requirements

- Passport or travel document with at least 3 months validity after the scheduled return.
- Visa for Germany, if applicable. Check the [German Federal Foreign Office](#) for visa requirements based on your country.
- Medical referral, history, and relevant medical records.
- Clinics in Germany can provide diagnostics and tests if certain medical documents are missing.



Accommodation Options

While accommodation is not typically included, clinics may have partnerships with local hotels offering discounts. Hospital stays may be provided depending on the treatment plan. Self-booking options are available, with an average hotel stay per night ranging from €80 to €200.



Transfer Services

- Clinics may offer free or paid airport transfers.
- Popular taxi services include Free Now and MyTaxi, with prices starting from approximately €3 per kilometer.



Interpreter Services

Interpreter services are usually available, either free or at a cost, depending on the clinic's policy. It's advised to clarify this with the clinic before arrival.



Payment Methods

- Payments can be made using cash or card.
- The local currency is the Euro (€). It's recommended to have local currency for smaller expenses.
- While euros are widely accepted, some clinics may accept dollars; verify with the clinic beforehand.



Pre-Op Stem cell therapy Tips

- Follow a healthy diet and stay hydrated before the procedure.
- Avoid alcohol and smoking for at least 2 weeks prior to the therapy.
- Discuss all medications and supplements you're taking with your doctor.
- Ensure you have a companion or support system available if needed.
- Prepare comfortable clothing for your hospital stay and post-treatment recovery.
- Plan for adequate recovery time and follow-up appointments.
- All postoperative instructions will be given by your Stem cell therapy doctor.



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Prepared by Medical Coordinator

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