

Your Guide to Prepare for Stem cell therapy Trip to Spain



Documents and Visa Requirements

- Valid passport or travel document that remains valid for at least three months beyond your intended date of departure from Spain.
- Visa requirements vary by country; check the official Spanish consulate or embassy website in your country or visit www.exteriores.gob.es for more information.
- Medical documents such as referral from your local doctor, medical history records, and any previous treatment reports.
- Clinics in Spain may provide diagnostics and tests if you do not have certain medical documents, but confirm this with your chosen clinic beforehand.



Accommodation Options

Accommodation is not included in the treatment package. Clinics in Spain may have partner hotels offering discounts. It is advisable to self-book accommodation in advance, considering proximity to the clinic. Average hotel stay per night ranges from €50 to €150, depending on the location and hotel category.



Transfer Services

- Clinics may offer free or paid airport transfer services; check with your clinic for specific arrangements.
- Popular taxi services such as Taxi Barcelona and MyTaxi operate in major cities with approximate prices starting at €20 for short trips.



Interpreter Services

Interpreter services might be available for a fee. Confirm with your clinic if they offer this service for free or what the costs might be.



Payment Methods

- Payment options typically include cash and credit/debit cards.
- The local currency is the Euro (€), and it is recommended to have local currency for small expenses, although many places accept major foreign currencies like US dollars or euros.



Pre-Op Stem cell therapy Tips

- Discuss with your doctor any medications you are taking and their compatibility with the therapy.
- Avoid smoking and alcohol consumption before the treatment as they can affect the success of the therapy.
- Maintain a healthy diet and stay hydrated to prepare your body for recovery.
- Arrange for someone to accompany you if possible, for support during your medical journey.
- Follow any pre-operative instructions provided by your clinic, including fasting guidelines.
- Ensure you have a clear understanding of the post-treatment care and any potential signs of complications.
- Keep a list of emergency contacts and the clinic's information readily accessible.
- Plan for adequate rest and recovery time post-therapy in your travel itinerary.



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Prepared by Medical Coordinator
[Yan Matsiievskiy](#)

Your personal medical assistant will be with you shortly.
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