

## Guide to your medical treatment Abroad

### What should you be conscious about if you have a planned medical treatment abroad.

This is a small guideline, you should glance an eye in, if you want to have a well planned treatment abroad. The guide has no claim of completeness, which is impossible for the huge number of treatment types, countries you could go to, and kinds of medical service providers. However, planetMEDIX hopes, to give you a little help in the planning process and to make your stay abroad a lasting success.

### Before you go abroad

If you have decided on a treatment such as a surgery abroad, the following points should be observed.

- Find out about quality standards in the destination country.
- Inform yourself about requirements of the destination country: Necessary vaccinations, entry regulations, customs, etc.
- Do research on the treatment: are there different kinds of treatments, advantages and disadvantages, what risks are connected with each, etc.
- Book your accommodation.
- Collect all the relevant documents for your treatment. These include medical records, vaccination, radiography, diabetes passport, ...
- Write down the aims of your treatment and the things you are not certain of. This will help you later when you meet the doctor to carefully open questions.
- Make a list of all medications that you are currently taking, including vitamins, etc. It may also be worth to take the leaflets so that the doctor abroad can easily check on the ingredients.
- Write down who in the event of an emergency should be informed.

### Insurance

- Before you book check with your insurance company if it specifies the services provided.
- A trip cancellation insurance is sometimes useful
- A legal protection insurance, which will support you in the event of medical damage. Make sure that it includes medical cases abroad.
- For a dental treatment a supplemental dental insurance may be useful.

## Getting in Contact

Before you start your trip to the doctor or hospital of your choice, you should contact them and clarify the following questions.

- Things you should take with you: documents, medicines, sunglasses ...
- Things you do not need to bring: Towel
- Where should you go when you arrived?
- Contact details of the responsible person: address and phone number (mobile)

## Questions about the costs

- Get a detailed cost report. If, for example, implants of different prices and qualities exist, make sure the right implants are named in the list. There should be everything included in the price.
- Make sure all items on the list are explained throughly.
- Make sure that all check-ups and follow up examination are included in the price.
- Make sure that the estimated aftercare estimated is not too short and is included in the price.
- Ask about the payment conditions.

## At your first doctor's visit abroad

You do not know the doctor and the doctor does not know you. Keep in mind that the doctor doesn't know you and your life circumstances. For this reason you should be as detailed as possible and have all the facts at hand.

## Questions to the doctor

- What are his qualifications?
- Is he a member of a medical association?
- How often does he administer a treatment?
- Is he himself the physician doing the surgery?
- Will he be attainable after the treatment?
- Are there any guarantees?
- Does he have a fixed team with whom he workes together: doctors, anesthetist

## Questions about you

- Describe your problem and the aim as accurately as possible.
- Describe your personal conditions.
- Tell the medical if you suffer from allergies.
- Ask the doctor about his experiences in cases like yours.
- Ask about possible side effects of the treatment.
- Talk with the doctor about your insecurities and worries.
- If anything is not totally clear, ask until you are sure you have understood it.

## Questions about the treatment

- Are there any treatment options. Which ones are offered by the doctor, and which ones are suitable for me?
- What are the advantages and disadvantages of the treatments?
- Are there risks, side effects and restrictions on the treatments?
- What experiences exist in relation to this treatment: scientific studies?
- What are the consequences for the everyday life?
- What emergency preparations do they have: ambulances on stand-by, emergency hospital, ..

## After the conversation, ask yourself the following questions

- Am I satisfied with the whole conversation?
- Do I trust the doctor?
- Which steps are next?
- Do I need further information?

## Before you make a decision:

A surgery is a major step and should not be made hastily.

- Take your reflection time. The best sleep over it.
- If you are not sure or ambiguity exists. Get some more information. You often find on specialized websites on the Internet helpful information. A conversation with a person you trust can help too.
- Get one more time a detailed cost report. Make sure everything is on it and have it signed by the responsible person.

## Before you go home, you should clarify the following questions

- What should you be cautious of: resting, eating the right things, ...
- Directions for the medications; incompatibility of drugs you already take.
- In order to inform your doctor in your home country, ask for copies of all papers: X-rays, results, ..
- Should you have in the near future follow-up examination.
- Anything else you should know?