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# Medical Tourism: Things to Check When Traveling

When traveling to another country to get medical treatment, it is important that you make the necessary preparations first to stay safe and healthy. Recovery is essential, so stay away from stress by having all your things ready. Planning and making reservations early will help you eliminate other troubles and let you enjoy your vacation fully. Before you go to any new country, learn a few things first and find out what to expect during your visit.

### What's Your Reason?

Determine your primary reason for needing to go abroad to seek medical treatment. First of all, you have to consider your medical reason. Are you going to get plastic surgery? Do you have heart or liver problems? Are you only going for dental work? Do you have life-threatening disease? Do you need to have an organ replaced? Some countries are known to be experts at specific procedures, so eye on these destinations to ensure that you are dealing with competent and well-trained staff and institutions.

Some people also wish to go abroad to seek medical treatment because of the cheaper rates and the opportunity to learn more about unique cultures and religious practices. Compare prices between countries. In Asia you get to pay anywhere between 25% and 75% less than what you expect in the United States or United Kingdom. Also study the different countries and try to go to places you've always dreamed of visiting like Thailand, China or the Philippines.

### Getting Screened

So far, we've uncovered some interesting facts about Medical Tourism. You may decide that the following information is even more interesting.

You need to go through a full physical assessment and have diagnostic tests first before going abroad. Your condition can get worse or you may develop complications from traveling or staying cramped in an airplane for several hours. Some of the known complications include clogged blood vessels, immobility and severe headache. Get two or more doctors to screen you completely and give you the thumbs up to travel to other parts of the globe before booking your ticket. Some patients are not allowed to travel unless they display normal health levels. Some of the things your doctor will check include your blood pressure, breathing, heart rate, mental ability and other physical signs.

### Making Reservations

Before choosing any medical institution, make sure that it is accredited with the known agencies, such as JCI and Trent. Other national accreditations will also help, to ensure that you are only dealing with legitimate and experienced medical doctors. Also find out more about the hospital and check if they have the latest technology and equipment when dealing with your case. You can talk to a travel agent to help you book hotel reservations and other trip plans to vacation comfortably before and after the medical procedure.

Finalize all the details such as mode of transportation once you arrive, tour schedules and dining places. It is recommended that you bring at least one other person with you during your medical tour to ensure that you stay safe and healthy. Stay abroad for 3 to 10 days more after the scheduled day of treatment so that you can recuperate fully and avoid complications post-operation. A vehicle should be made ready for you once you get to the airport and at the hospital or hotel before and after the procedure.

Research more about the place you are visiting and bring the necessary items such as an alarm clock, medications, a cellular phone or your laptop, maps and money or credit cards. You might need to learn a few foreign lines to know your way around and communicate well with the locals.

There's no doubt that the topic of Medical Tourism can be fascinating. If you still have unanswered questions about Medical Tourism, you may find what you're looking for in the next article.

### About the Author

By Anders Eriksson, feel free to visit his soon to be top ranked Perpetual20 training site: [Perpetual 20](#)

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