

Medical Tourism Planning Checklist

1. Treatment plans	<ul style="list-style-type: none"> • Have you spoken to your UK GP, clinician or dentist about your treatment and plans to travel abroad? • Do you know the medical procedure(s) involved in your treatment? • Do you know the risks involved in your treatment? • If you have any, do you know how your current health conditions may impact your treatment and its risks? • If you are on any, how will your medication impact your treatment? Have you informed your clinician abroad about them? Have you been advised of any medications needed before or after your treatment and any potential consequences of those changes for your health? • Have you transferred your medical notes to the treatment facility? Have you shared relevant information about underlying health needs and conditions (including mental health), medications or allergies? • Have you considered your post-treatment care – will your GP be able to provide this care or will you need to fund it privately yourself? 	
2. Medical facility	<ul style="list-style-type: none"> • Have you checked the quality and standards of the facility and the surgeon treating you? • Have you checked the regulatory standards of the country you are visiting for treatment? • Have you checked the location of your treating facility – will you be able to travel there and back easily? • Will the staff who treat you speak English? • Will you receive your paperwork in English, including a summary of your procedure, investigations and any after care needed once you have had your procedure? • Will you be given a contact number to use in case of any complications or concerns once back in the UK? 	
3. Clinician	<ul style="list-style-type: none"> • Do you know which clinician will treat you? • Is the clinician an appropriately trained and registered professional, and can they be located through the relevant governments' official sources? • Have you seen evidence of the practitioners' experience and outcomes with the surgery you are intending to have? • Will the surgeon you consult with be the same person carrying out the procedure? • Have you spoken to the clinician directly? Can they speak English well enough to fully communicate with you? • Do you know if the clinician has received and reviewed your full medical record? 	
4. Costs	<ul style="list-style-type: none"> • Do you know the exact cost of your treatment? • Have you considered the cost of things going wrong and you having to stay longer in the country? • Have you considered the cost of further treatment in case things go wrong, and the cost of possible return trips? • Have you considered the costs and impact of any long-term after care required? • Are you able to cancel your treatment and get a refund? 	

5. Insurance	<ul style="list-style-type: none"> • Have you arranged appropriate travel insurance that covers surgery abroad? • If so, have you informed your insurer about your plans to have treatment abroad? • Do you know your legal rights in case something goes wrong in the country of treatment? 	
6. Travel	<ul style="list-style-type: none"> • Do you know the potential risks of flying after your medical treatment? • Have you checked the airlines regulations for flying after surgery? • Do you have any health conditions that may mean the airlines won't let you travel? • Have you checked the latest travel advice from FCDO about the country you will travel to? 	
7. Aftercare	<ul style="list-style-type: none"> • Do you understand the possible complications and side effects that could arise from your treatment? • Do you know how your aftercare will be coordinated, and do you know what you will need to do after your procedure, either in the country of treatment or in the UK? • Do you know if the aftercare can be provided under the NHS or needs to be funded privately? • Do you know how long you should stay in the country where you have had treatment before flying back to the UK? • Do you know what to do if something goes wrong? • Do you have plans in place in case you face any complications – who will look after you, what support will the treatment facility give you? • Do you know what to do if you're not happy with the results of your treatment? • Do you have a contact number for the clinical team in case of any complications or concerns after your procedure? • Are there any additional flight restrictions following your medical treatment? 	