

## Planning a trip to EndoGyn<sup>®</sup>, Germany for surgery with expert surgeons at EndoGyn<sup>®</sup>

**If you are thinking about going to Germany for surgery, this list will help you as you plan your trip, and while you are there.**

**1.) Applying for your passport the easy way:** You will find the answers to some of the questions you may have about applying for a passport at: [http://travel.state.gov/passport\\_easy.html](http://travel.state.gov/passport_easy.html). You can expedite (hurry up) your passport application by paying an additional fee. Your passport will be checked by the airlines as you leave a country and when you re-enter it. Keep your passport easily accessible at all times!!

**2.) Out-of-country medical insurance:** Some insurance policies contain a clause that will pay some out-of-country medical expenses. Does your policy contain such a clause? If it does, it is your responsibility to file your claim - after you return home. Medicare and Medicaid do not pay for out-of-country medical expenses. Whether you have medical insurance or not, you will be expected to pay for your surgical expenses while you are in Germany!!

**3.) Best ais a debit card:** With a debit card you can withdraw funds from your United States checking/savings account at any ATM machine in Germany. You can apply for a debit card at your local bank. Do this at least two weeks in advance of your trip. Be aware that a debit card withdrawal is limited to \$600 or 800 \$ a day - and there is a tax on a withdrawal. You will find information about the debit card at the following website: <http://www.natconsumersleague.org/debitbro.htm>.

**4.) Euro coins and banknotes:** At least two weeks in advance of your scheduled flight, place an order for Euros at your local bank!! Be sure to order some Euro banknotes and coins in smaller denominations. Euro coins are frequently given as change; so a small coin purse will be very handy. You can learn more about the Euro banknotes & coins at the following website: <http://www.euro.ecb.int/en/section.html>.

With the Universal Currency Converter (<http://www.xe.com/ucc/>) you can convert the Euro (EUR) to the United States Dollar (USD) using "live" currency rates. The currency rate will fluctuate - based on the German economy at the time.

**5.) Pre-payment** : You will be expected to make a pre-payment for expenses connected with your upcoming surgery, after you have confirmed your surgery with EndoGyn<sup>®</sup>. To secure your surgery you will need to wire the pre-payment to a bank that will be indicated. EndoGyn<sup>®</sup> will reimburse the hospital, the anesthetist and other surgeons. This pre-payment covers primary surgery, second look, surgical and anesthetist fees, hospital stay for 14 days. In **addition** you will have to pay for SprayGel, additional, accommodation for one partner in your room, additional staying, (over 14 days), additional rooms for relatives / additional apartment, other equipment like disposables and other necessary procedures (e.g. bowel resection).

**6.) Nearest airport:** The surgery will be performed in the Klinik am Zuckerberg in Braunschweig, which is located 50 km from Hannover. The nearest airport is Hannover and you will probably fly via Frankfurt. Tell your travel agent you want a round-trip airfare. During off-season months (November-April) a round trip ticket is very reasonable. Otherwise, airfare is quite expensive. When your flight plan has been finalized, you will be given a flight schedule.

**7.) When packing for your trip:** You are allowed to have only one carry-on. Other luggage must be checked-in at the airlines prior to your flight's departure. The electrical system in Germany is not the same as in the United States!! You will need an adapter for anything that requires electricity - such as a hair dryer, electric shaver, etc.

**8.) You and your carry-ons will be searched:** You will be asked to place your carry-on (and your purse) on a conveyor belt - where these items will move through an area where the contents will be examined by x-ray. You will also be asked to stand at a specific place, where an airline employee (with the use of a special wand) will screen you and other passengers to be sure no one has a concealed weapon. You may be asked to remove your shoes!

**9.) There is a time difference:** You will experience a time difference - depending upon where your flight originates from. When traveling from Toledo, Ohio(EST), there is a 6-hour time difference. If you can get some sleep during your flight, you will be pretty well adjusted to the time difference upon your arrival in Germany.

**10.) At the Airport:** When you arrive at the Airport, you will need to claim the luggage that you had checked. The baggage from an in-coming flight will arrive shortly after the plane has landed and will be easy to claim. The baggage carousel is located at an easy-to-find location at the Airports. ( When in doubt, follow the crowd). Please claim your baggage and go to the Exit. After you have passed the Exit, please stay in the area of that gate. Someone from **EndoGyn®** or **Klinik am Zuckerberg** will be at the airport to meet you when your flight arrives. ( They will be holding a sign that says **EndoGyn®** or **Klinik am Zuckerberg** , so it will be easy to know who you are looking for). Please don't leave this area and wait until you are collected. You will be taken to where you will be staying while in Germany.

**11.) Long distance phone calls:** When placing a long distance call to another country, you must use the international country code for that country. The international country code number for Canada and the USA is: 001. To place a long distance call to either Canada or the USA...Press: 001-Area Code-XXX-XXXX.

If you are from a different country, be sure to find out the International country code for your country - before you leave for Germany!

**12.) Smoking:** Smoking is accepted almost everywhere in Germany. It is difficult to find areas set aside for non-smokers. Smoking is not allowed on buses - but is allowed on some of the trains. Be aware that smoking may cause healing problems - as well as anesthesiology problems. This is your life! Be smart and quit - or cut down if you can!!

**13.) Braunschweig:**

**14.) Klinik am Zuckerberg:** offers additional possibilities to combine the care for patients as well as gastronomic and recuperation options. Located in a gorgeous park in one of the most pleasant areas of Braunschweig, the hospital offers an excellent environment for the performance of highly qualified surgery. Our OR rooms have been constructed at the high quality standard and equipped with the highest level of hygienic OR-standards. The cheerful rooms and the excellent service will make your stay more like a first class hotel holiday than a hospital one. At request all rooms are available with Telefax, message box, and Internet access.

**15.) The surgeons at the EndoGyn®:** To head this team of surgeons will be Dr. Daniel Kruschinski from the Division for Endoscopic Gynaecology. Dr. Kruschinski is a highly skilled and very experienced laparoscopic surgeon! His adhesiolysis procedure includes his invention, gasless laparoscopy (Abdo-lift), the Confluent SprayGel adhesion barrier, and a second look laparoscopy (within a week of the primary surgery).

**16.) At your first meeting with your doctor:** Be ready to discuss any and all issues with him. He is very open-minded, compassionate, understanding and very willing to listen. He will answer your questions and concerns - and will make you feel comfortable and at ease. Pre-operative tests will be completed on the same day you consult with your doctor. These tests are included in your hospital fees!

Have you ever had adverse reactions to anything used on your skin (such as soaps, metal, etc.)? Have you ever had any intubation or anesthesia problems? What medications (name, strength in mgs and how many times per day) are you currently taking? Do you have any medication intolerances - such as allergies?

Do not take aspirin - or any other medication that contains aspirin - for at least one week prior to your surgery!!

**17.) Mobile phone:** Each patient will receive a **mobile phone** to use while in Germany. If you should have any problems or concerns, the mobile phone will help you contact your doctor. The mobile phone will give you the freedom to be out and about - to enjoy sightseeing while you are in Germany - without missing a call!!

**18.) A new "Gasless Procedure":** Dr. Kruschinski has invented a new device for gasless laparoscopy known as the AbdoLift. Via a small laparoscopic incision - and without the use of carbon dioxide gas - the AbdoLift will lift the patient's abdomen up and provide the surgeon with a very good view of the surgical field.

In very time-consuming adhesiolysis procedures, there are side effects with the use of carbon dioxide gas. This gas is considered to be one of the factors that are known to cause the formation of adhesions. With the use of the AbdoLift, there are no side effects to the peritoneum and no shoulder pain!!

**EndoGyn®** : has an excellent website at <http://www.EndoGyn.com> where you can learn about your doctor, the facility where you will be staying and a lot of other very interesting information- including **Abdo-Lift**- gasless laparoscopy!

**19.) SprayGel Adhesion Barrier:** At the conclusion of the surgical procedure, the surgeon will apply SprayGel adhesion barrier - to prevent adhesions from re-forming and de novo (new) adhesions from forming. There is a fee for the units of SprayGel used during the surgical procedure. If an additional surgical procedure is needed (such as bowel surgery), there will be an additional fee.

||> Confluent Surgical  
<http://www.confluentsurgical.com>

**20.) What is the fee to have surgery in Germany ?** The cost for surgery and in-patient care is dependent upon the kind of surgery and the difficulty of the surgical procedure. The cost of an adhesiolysis alone, is 8.500 Euro. Please remember, these fees are for inpatient-care in " a high class hospital " for 14 days; and your adhesiolysis will be performed by one of the best endoscopic surgeon in the world!!!

The fees includes: all diagnostic testing, a **first-class-hotel-room** in the hospital for 14 days of in-patient care, the surgeon's fee for the adhesiolysis procedure and the second look laparoscopy (7 days later; Note: None of these are offered in the United States), the anesthesiologist's fee for both procedures. Partner accommodations will be charged extra (80 Euros per day incl. breakfast and dinner and beverages).

Extra charges are also any additional procedures, the SprayGel kits, and the added charge for a private room (if you request a private room) are all considered "extras" and are not included in the fee. In addition you will have also to pay additional staying (over the 14 days), in the hospital, additional fee in case of complications and other equipment like disposables and other necessary procedures (e.g. bowel resection).

EndoGyn® prefers that patients pre-pay their surgical expenses to be able to reserve the dates binding to your booking and to reserve hospital, staff, operating room and other infrastructure.

If your insurance will pay for out-of-country expenses, it's your responsibility to present a claim to your insurance carrier for reimbursement of your surgical expenses. This will make it easier for everyone.

If you did not bring enough Euros for your extras, EndoGyn® will accept payments on any balance also with travellers check. Credit cards won't be accepted !

**21.) Before and after surgery:** The patient is prepped (partially shaved) for surgery. When it is time to go to the operating room, you will be taken there while you are still in your bed; and then you will be transferred to a surgical table.

Following surgery you will wake up in the "wake-up room". After that you will be transferred to your room in your own bed! You will be encouraged to get up soon after your surgery - to keep your internal organs moving.

All other areas are pretty routine - with the exception of the post-operative patient checks. Unless you need something, you are left to rest undisturbed! The nurses will check on you in due time.

The food at the Hospital comes from an own kitchen and is really quite good! Provided there are no complications, you are expected to walk around on the first day after surgery. If there are complications and you will have to stay longer or need additional surgeries, there will be additional charges!.

**22.) Second Look Laparoscopy:** You will be having a second look laparoscopy (SLL). After your first surgery, the SLL will be scheduled about a week after your first surgery.

**23.) At your final appointment:** Your doctor will give you copies of your operative reports - as well as the photos from your surgery. You will be given an itemized statement for any additional costs. You are expected to pay the balance of your surgical costs - or make arrangements with your doctor to pay the balance.

**24.) Confirmation letter:** You will be given a letter to inform the airline that you are newly post-op and may require some special needs on your return flight. The staff will assist you at the airport and an escort will assist you at each airport terminal. In some cases you will be allowed the privilege of special seating - so you will be more comfortable on the long flight home. Keep this confirmation letter accessible! Do not pack it away!

**25.) When you are ready to leave:** Make sure you have given yourself plenty of time to heal before leaving Germany! For someone who recently had abdominal surgery, the flight home can be an awfully long time to sit! If you plan to stay for at least 2 weeks, you will be more comfortable on your long trip home. When you are ready to leave for the Airport, EndoGyn® will provide transportation to the Airport at no charge to you! Verify this at your last appointment with your doctor.

**26.) At the Airport:** Go to one of the ticket windows to ask where your flight will be loading - and if it will be on time. If you are lucky and happen to be at the right window, check -in your luggage and give the person (in-charge) your confirmation letter. Take the advantage of escorting you from now on. Overdoing it by walking too far too soon after surgery will be too much for your current stage of healing! Don't even consider walking!

**27.) On your flight home:** Before boarding the plane, you will be given a Customs' Form to fill out during the flight. When you reach your flight's destination, someone will ask for your completed Customs'

Form; and you will then go through a Customs' Check. Again, you will appreciate the use of the wheelchair; because you won't have to wait in line to go through Customs!! After being checked at Customs, you will be taken directly to the loading site of your next flight.

**If you have decided to go to Germany for surgery, have a safe trip and enjoy Germany while you are there!!!**

**In Friendship,  
EndoGyn<sup>®</sup> and the patient's support group**