

Health Advisory

HEALINDIA MEDITOURISM® — A Unit of Santos King Tours & Travels Pvt Ltd

At HEALINDIA MEDITOURISM®, we prioritize the safety, well-being, and informed decision-making of our patients. International patients are advised to carefully review the following health guidelines before planning their medical journey to India.

1. Pre-Travel Medical Advice

- Patients should consult their local physician before traveling to India for treatment.
- Ensure that you are fit to travel, especially if undergoing major surgery.
- Share complete and accurate medical records with our team in advance for proper evaluation.

2. Medical Documentation

- All original medical reports, scans, and prescriptions
- A summary of medical history
- Details of ongoing medications and allergies

3. Fitness to Travel

- Patients must ensure they are medically stable to undertake international travel.
- In some cases, a “Fit-to-Fly” certificate may be required.
- Patients with serious conditions may need to travel with a medical escort (if advised by doctors).

4. Vaccinations & General Health Precautions

- Follow basic travel health precautions, including vaccinations if recommended by your doctor.
- Regular hand washing
- Drinking safe bottled or purified water
- Avoiding unsafe or unhygienic food

5. During Treatment in India

- Patients must strictly follow medical advice given by doctors and healthcare professionals.
- Adhere to hospital rules, medication schedules, and follow-up requirements.
- Inform the medical team immediately in case of discomfort, complications or allergic reactions.

6. Post-Treatment Care

- Follow all post-operative instructions carefully.
- Attend all scheduled follow-up consultations before departure.
- Ensure proper rest and recovery time before returning home.

7. Fitness for Return Travel

- Patients must obtain doctor approval before traveling back after treatment.
- Air travel immediately after certain procedures may be restricted.
- Follow medical advice regarding travel timing and precautions.

8. Insurance & Emergency Preparedness

- Patients are strongly advised to have comprehensive medical and travel insurance.
- Medical treatment abroad
- Emergencies and complications
- Medical evacuation (air ambulance, if required)

9. Climate, Food & Lifestyle Adjustment

- India has a tropical climate, especially in South India — stay hydrated and avoid extreme heat exposure.
- Choose balanced and hygienic food options; dietary requirements can be arranged.
- Take adequate rest and avoid strenuous activities during recovery.

10. Patient Responsibility

- Patients are responsible for providing accurate medical information.
- Any non-disclosure of medical history may affect treatment outcomes.
- Patients must follow all medical and travel advisory guidelines for their safety.

Important Disclaimer

HEALINDIA MEDITOURISM®, a unit of Santos King Tours & Travels Pvt Ltd, functions solely as a medical travel facilitator and does not provide medical treatment or clinical services. All medical decisions, procedures, and outcomes are the responsibility of the treating hospitals and healthcare professionals.

Patients are responsible for adhering to medical advice and ensuring all necessary health precautions before, during, and after treatment.

Your safety is our priority. Your care is our commitment.