

Medical Travel Guide: Preparing for Your Treatment in Thailand

Planning ahead can make your medical journey safer, smoother and less stressful. Before travelling to Thailand, please review the following health, immigration and packing guidance.

Before You Travel

1. Medical Fitness to fly

Before travelling for medical treatment, your doctor should assess your current health condition and confirm that you are medically fit to travel. A **fit-to-fly certificate** may be recommended or required depending on your health, pregnancy stage or recent medical history.

- a. **> 36 weeks of pregnancy or >32 weeks of pregnancy with twins/triplets:**
Pregnancy restrictions vary between airlines. Many airlines request a medical certificate after approximately 28 weeks and may restrict travel after 36 weeks for a single pregnancy or after 32 weeks for a multiple pregnancy. Always confirm the exact requirements directly with your airline.
 - b. **Recent heart attack or stroke:** Patients who have recently experienced a heart attack, stroke or another serious cardiovascular or neurological event should receive an individual medical assessment before travelling.
 - c. **Implanted cardiac devices:** Patients with stable pacemakers or implanted cardiac defibrillators can generally travel safely once cleared by their doctor.
 - d. **Flu-like symptoms:** Patients experiencing fever, coughing, breathing difficulties, body aches or other flu-like symptoms should consult their doctor before travelling.
2. **TDAC:** All non-Thai nationals entering Thailand by air, land or sea must complete the Thailand Digital Arrival Card, commonly known as the TDAC. The TDAC is free and should be submitted through the official Thai Immigration TDAC portal within the three-day submission window before arrival, including the date of arrival. It can be submitted up to 72 hours in advance. tdac.immigration.go.th

You will normally need:

- Passport information
- Flight number and arrival date
- Accommodation address in Thailand
- Purpose of travel
- Basic health declaration
- Email address

After submission, you will receive confirmation and a QR code by email. Keep a digital copy or screenshot available to present during immigration clearance. A new TDAC must be completed each time you enter Thailand.

3. Visa Requirements

Visa requirements depend on your nationality, intended length of stay and purpose of travel.

a. Visa Exemption

Travellers from eligible countries may enter Thailand without applying for a visa in advance for tourism and short visits. visa-exempt stay to 30 days for many nationalities. However, implementation depends on publication in the Royal Gazette and may vary according to nationality and arrival date. Travellers should confirm the current permitted stay with the nearest Royal Thai Embassy, Thai Immigration or their airline before departure.

i. Immigration officers may request:

- Passport valid for at least six months

- TDAC confirmation or QR code
 - Return or onward flight ticket
 - Proof of accommodation
 - Evidence of sufficient funds
 - Documents supporting the purpose of the visit
- Final admission and length of stay are determined by the immigration officer at the point of entry.

b. Medical-Treatment Visa

Patients who are not eligible for visa exemption, require a longer stay or are travelling specifically for medical care may need to apply for an appropriate medical-treatment visa.

Depending on the applicant's nationality and the embassy processing the application, documents may include:

- Passport copy
- Recent passport photograph
- Flight itinerary
- Proof of residence in the country of application
- Medical certificate or recent medical report
- Treatment appointment or confirmation letter from the clinic
- Estimated treatment duration
- Evidence of sufficient funds
- Proof of relationship for an accompanying family member

Requirements differ between Royal Thai embassies and consulates. Some applications may require additional confirmation or supporting documentation from the medical facility or relevant Thai authorities. **Our patient coordination team can provide a clinic invitation or treatment-confirmation letter when appropriate.** However, visa approval remains solely at the discretion of the Royal Thai Embassy, consulate and Thai immigration authorities.

4. Documents to Carry: Keep important documents in your cabin baggage rather than checked luggage:
 - a. Passport and visa, where applicable
 - b. TDAC confirmation and QR code
 - c. Flight and accommodation details
 - d. Travel insurance information
 - e. Invitation or treatment letter
 - f. Medical reports and imaging results
 - g. Current medication list
 - h. Fit-to-fly certificate or airline medical-clearance form, where required