

**MEDICANA**

**AIRPORT MEDICAL CENTER**



## About Us

Medicana Airport Medical Center offers emergency health services at the highest level with its health centre located at Istanbul Airport. The center, which provides air ambulance and medical flight services within the international medical transfer network, also performs stretcher transfer services on scheduled flights with its expert team. While contributing to its health tourism goals, Medicana Airport Medical Center aims to become a significant medical transfer center at Istanbul Airport.

## Our Locations in Istanbul Airport

- Landside Infirmary, Polyclinic and Workplace Medicine
- Apron Infirmary and Ambulance Area
- Door No. 1
- F Floor
- A-B Pier
- F Pier
- G Pier
- ARFF
- Police Station



## USEFUL INFORMATION FOR TRAVEL HEALTH

### Do Not Neglect Your Medical Check-Up Before Travel!

When preparing for international travel, it is important to have a health check-up before your journey. You can visit Medicana Airport Medical Center at Istanbul Airport two hours before your flight to complete your health check-up.

Pre-travel health consultation includes examination, vaccinations, malaria prophylaxis, advice on travel diarrhea, and other specific recommendations regarding diseases. Flight risk assessment is conducted, and when necessary, fitness-to-fly reports are issued.

For detailed information and appointments regarding all your health concerns in Istanbul, you can call +90 850 460 63 34.

## Medical Kit for Passengers

### Medical Supplies You Might Need During Your Travel:

- Regular medications (check whether these medications are allowed at your destination and obtain a letter from your doctor explaining your need for them).
- Vaccination certificate
- Comprehensive travel health insurance
- Digital thermometer
- Painkillers
- Gastrointestinal medicines
- Local antiseptic/antibiotic
- Allergy medications
- Dressings and band-aids
- Fly repellents
- Malaria tablets (with doctor's recommendation)
- Sunscreen
- Oral rehydration products (for diarrhea)



## Traveling with Health Problems

If you have a serious health condition or need assistance for your travel, you may need to fill out a MEDIF form. For chronic diseases such as diabetes, asthma, heart disease, epilepsy, you should consult your doctor before travelling and have the necessary medications with you. You can use sedative medications under doctor supervision for conditions such as anxiety or panic. If you wear contact lenses, consider using glasses during travel and keep eye drops handy.

## Need for Anticoagulation

For flights longer than eight hours, it is recommended to wear comfortable clothing, drink plenty of fluids, and exercise your leg muscles. It is recommended to take a prophylactic dose of LMWH before the plane takes off. It is recommended not to take aspirin (ASA).

## Notes on Other Disorders

**Food allergies:** You do not need to fill in a form for special dietary food requests, but a form must be filled out for severe allergies. Companions must ensure that all the needs of their patients are met. Cabin staff cannot assist with such needs.

**Fractures:** New long bone fractures and all leg casts require a signed medical certificate. Plasters must have been applied at least 48 hours ago.

**In-flight maintenance:** Our cabin personnel have only received first aid training. Passengers with lung or heart disease may require supplemental oxygen. A detailed medical report is required for conditions requiring continuous oxygen or a stretcher.

**Dietary meals:** Special diets for religious or medical reasons can be specified during booking. A health report is required for untreatable diseases.

## Conditions Unacceptable for Air Travel

The following conditions are considered unacceptable for air travel:

- Serious anemia conditions
- Severe otitis media or sinusitis
- Advanced stage acute or contagious diseases
- Uncontrolled heart failure
- Individuals who have recently experienced a myocardial infarction (heart attack)
- Severe respiratory disorder or pneumothorax
- Hematemesis, melena, or intestinal obstruction
- Recent surgeries (abdominal, thoracic, or invasive eye surgeries)
- Jaw fractures (unless there is medical accompaniment)
- Unaccompanied irregular mental disorders
- Uncontrolled seizures (unless there is medical accompaniment)
- Singleton pregnancies beyond 36 weeks or multiple pregnancies beyond 32 weeks
- Newborn babies (first 7 days)
- People who have had air entered into body cavities within the last 7 days

## Travelling During Pregnancy

You can book a flight until the 28th week of pregnancy. If you are travelling at 29th week of pregnancy or later, you will need a medical certificate from your doctor.

### Singleton Pregnancy

A medical certificate is required from the 29th week until the end of the 36th week. After 37 weeks, travelling is not permitted.

### Multiple Pregnancy

A medical certificate is required from 29th week until the end of the 32nd week. After the 33rd week, travelling is not permitted.

## Health Report Content

The following information must be included in the health report:

- Confirmation of singleton or plural pregnancy
- Absence of any complications during pregnancy
- Estimated date of birth
- Date of eligibility to travel
- Information that you are healthy
- No impediment to flight

## Vaccinations for Travelling

Consult your doctor four to six weeks before traveling to learn about the necessary vaccinations for your destination. Bring a copy of your vaccination records with you. Don't forget to check the vaccination requirements of the World Health Organization.



# MEDICANA



## Locations

- Medicana Ataköy
- Medicana Ataşehir
- Medicana Avcılar
- Medicana Bahçelievler
- Medicana Bursa
- Medicana Çamlıca
- Medicana Çamlıca Tıp Merkezi
- Medicana Çeşme
- Medicana International İstanbul
- Medicana International İzmir
- Medicana International Ankara
- Medicana International Samsun
- Medicana Kadıköy
- Medicana Konya
- Medicana Sivas
- Medicana Airport Medical Center
- Medicana Zincirlikuyu / İstanbul

## About Medicana Group

Medicana, which is among the largest and most reliable brands in the healthcare sector in Türkiye, has been providing healthcare services at international standards since 1992. Medicana, with its strong academic staff, technological infrastructure, and innovative and perfectionist approach, makes a difference in the sector and sets the standards for the future of healthcare. Continuing its operations with hospitals in many cities across Türkiye, the group maintains its leading position in the private healthcare sector with its national and international investments. Attaching importance to education as well as health, Medicana established the Medicana Education Group in 2018 and opened the Modern Sciences Academy (MBA) Schools. MBA continues to work towards becoming Türkiye's leading educational institution with its campuses located in many provinces of Türkiye. In the 2019-2020 academic year, the Group incorporated Fenerbahçe University. Fenerbahçe University continues its activities with the aim of raising individuals who have a command of world languages, are open to innovative and creative thinking, have completed their social and academic development and to be among the world's leading universities.