

# Are you a Canadian thinking about going abroad for surgery or other medical care?



This is referred to as medical tourism. Here's some important information for you to consider before deciding whether or not to become a medical tourist.

## My Health

- **Traveling abroad for care might generate unforeseen costs**

Before you decide whether to go, contact your travel insurance agency to see if emergency hospitalization and other unanticipated events are covered.

- **Your medical record here in Canada should include your entire health history, even for medical care received in other countries**

Before you decide whether to go, ask the hospital you are planning to book your procedure with if they will give you records in English or French to bring home with you.

- **Before you consent to any medical care you need to know the risks of the procedure**

Before you decide whether to go, be sure to obtain information on procedure risks from a source you trust.

## My Home

- **Some types of medical care require follow-up appointments or aftercare treatments**

Before you decide whether to go, make sure that you will be able to get the aftercare (e.g. blood tests) or follow-up appointments you need by talking to your regular doctor here about this.

- **Diseases contracted abroad could be brought back home with you**

Before you decide whether to go, visit a travel medicine clinic and make sure you get all recommended vaccines.

- **Your own decision to go abroad for medical care could impact other Canadians**

Before you decide whether to go, consider that if you experience medical complications you may need to be treated for these in Canada and this may increase wait times for other Canadians.

## My Journey

- **Not all countries have the same patient and consumer protection laws we do here in Canada**

Before you decide whether to go, learn about malpractice laws in the countries you are considering visiting and make certain that your rights as a patient will be protected.

- **Some countries offer medical procedures to international patients that you cannot get here in Canada**

Before you decide whether to go, find out if the procedure you are considering has been shown to be safe and effective by an agency you find reputable.

- **Health care is a scarce resource around the world**

Before you decide whether to go, inform yourself about the most pressing health care challenges in the countries you are thinking about visiting and consider whether medical tourism may help or worsen them.

**Be informed and share your thoughts, ideas, and experiences with others.**