Timor-Leste Medical Providers

Medical Providers in Timor-Leste: Inexhaustive information about routine, specialist, emergency, diagnostic, pharmacological, and medevac services is provided below. Limited medical care is available in the capital Dili, and fewer options exist throughout the rest of the country. Serious medical problems can require medical evacuation and cost thousands of dollars, if available.

Information on vaccinations and other health precautions may be obtained from the Centers for Disease Control and Prevention’s hotline for international travelers at 1-800-CDC-INFO (1-800-232-4636) or via the CDC’s website (http://www.cdc.gov/travel). For additional information about infectious diseases outside the United States, visit the World Health Organization’s (WHO) website at http://www.who.int/en. To view the U.S. Department of State’s Timor-Leste Travel Advisory page, visit http://www.travel.state.gov. Click here to visit the U.S. Embassy’s COVID-19 webpage.

Medical Insurance: The Department of State strongly urges Americans to consult with their medical insurance provider prior to traveling abroad. It is important to confirm whether insurance policies apply overseas and whether they will cover emergency expenses such as medical evacuations. Travelers may wish to consider purchasing travel insurance with supplemental medical and medevac coverage. Please see the CDC’s travel advice and resources webpage for more information: https://wwwnc.cdc.gov/travel/page/traveler-information-center.

Medical Facilities in Dili (in alphabetical order):

Cindranita Lab, Pharmacy, and Dentistry
Cindranita is both a diagnostic medical facility and dental lab. Staff may speak English, but English-language service is not guaranteed. The facility performs basic blood and urine analysis. It also offers EKG, x-ray, and pharmacological services. The dentist is available by appointment. Services may only be paid in cash.
Address: Rua Avenida, Fatuhada, Dili
Phone: (+670) 796-3962 / 7726 4460
Email: cintalab@yahoo.com
Hours: Mon to Sat: 8am-9pm

DMC Dili Medical Center
Dili Medical Center is a private clinic offering limited diagnostic and specialist services.
Address: Rua de Justica, Colemera, Dili
Phone: +670 77428888
https://www.facebook.com/660085374604470
Hours: Mon-Fri: 9am-9pm; closed on Sunday and public holidays

Guido Valadares National Hospital
The National Hospital has emergency, basic medical imaging (including x-ray and ultrasound), ophthalmological, dermatological, obstetric, gynecological, and general practitioner services. There is no guarantee that the medical staff will speak English, and they do not provide
translator services.  
Location: Rua da Circunvalacao, Bidau neighborhood, Dili  
Phone: 670-331-1008  
Hours: 24 hours/7 days a week.

**Marie Stopes International**  
The clinic provides sexual and reproductive health services. No appointment is necessary. Prices for services vary.  
Address: Rua de Be-Mori (Antiga Rua Belarmino Lobo)  
Phone: (+670) 332 2841  
Email: mstl@mariestopestl.org  
Hours: Mon-Fri: 8.30am-5.30pm; Sat: 9am-1pm.

**Stamford Medical**  
Stamford provides primary, emergency, and preventative care. The clinic also offers basic medical imaging, blood testing, and urinalysis. Staff may be English proficient, but English-language service is not guaranteed.  
Address: Rua Martires da Patria, Mandarim, Dili  
Phone: 670-331-0141, 331-1209; Emergency 24/7 hotline: 670-7772-1111  
Email: info@stamfordmedical.com  
Hours: Mon-Fri: 9am-6pm; Sat: 9am-1pm; closed on Sundays and public holidays

**Pharmacies:**  
The Embassy does not vouch for the quality or availability of medications available in the country, and it recommends bringing needed medications before traveling to Timor-Leste. Not all pharmacies will have English-speaking staff. The following pharmacies are listed in alphabetical order:

**333 Clinic & Pharmacy**  
Location: Avenida de Portugal, Marconi  
Phone: (+670) 7733 3804  
Email: 2534097518@qq.com / dzm197@yahoo.com  
Hours: Monday to Saturday from 09:00am-7pm

**Cindranita Lab, Pharmacy, and Dentistry**  
Address: Rua Avenida, Fatuhada, Dili  
Phone: (+670) 796-3962 / 7726 4460  
Email: cintalab@yahoo.com  
Hours: Monday to Saturday 8am-9pm

**Foho Osan Mean**  
Address: 15 Rua de Outubro, Dili (by football stadium)  
Phone: (+670) 77256978 and 77993963  
Email: theodoraflorida@yahoo.com  
Hours: Monday to Saturday 8am-10pm, Sunday 9am-8pm

**K-24 Pharmacy**  
Address: Rua 25 de Abril, Colmera  

Last updated: October 2021
Phone: (+670) 7312 1111,
Email: timorleste.dili@apotek.k24.com
Hours: Daily 7am-10pm

**Moris Foun Pharmacia**
Address: Mouzinho De Albuquerque, Colemera
Phone: (+670) 77268773
Email: morisfoun@gmail.com
Hours: Monday to Saturday 8am-8pm, Sunday 1pm-7pm

**Air Ambulance Services:** The following providers have operated in Timor-Leste and plan to offer future services, but may not be currently available due to COVID-19 travel restrictions. Please confirm directly with the providers for service availability.

**AirMed**
24/7 Emergency Line: +1 800 356 2161 or +1 205 443 4880
General Inquiries/Sales: same as above
Fax: +1 205 443 4841
Web: [www.airmed.com](http://www.airmed.com)
Consult website for pricing and availability.

**Careflight International**
24/7 Emergency Line: (+61) 1300 655 855
General Inquiries: (+61) 2 9893 7683
Fax: (+61) 2 9689 2744
Email: [international@careflight.org](mailto:international@careflight.org)
Web: [www.careflight.org](http://www.careflight.org)
Consult website for pricing and availability.

**International SOS**
24/7 Emergency Line in Singapore: (+65) 6338 7800 or (+65) 6338 9277
General Inquiries/Sales: +1 800 523 8662 or +1 215 942 8333
Web: [www.internationalsos.com](http://www.internationalsos.com)
Consult website for pricing and availability.

**Hospitals outside of Dili:** The following offer limited routine, specialist, and emergency medical care. They are presented in alphabetical order. English-language service at the below providers is not guaranteed. Directly contact the providers for service details.

Aileu Hospital +670 373 0011
Ainaro Hospital +670 243 0111
Baucau Hospital +670 413 0024
Ermera Hospital +670 383 0013
Liquiça Hospital +670 363 0012
Lospalos Hospital +670 443 0009
Maliana Hospital +670 233 0012

Last updated: October 2021
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<thead>
<tr>
<th>Hospital</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Manatuto Hospital</td>
<td>+670 423 0009</td>
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<tr>
<td>Oecussee Hospital</td>
<td>+670 253 0027</td>
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<tr>
<td>Same Hospital</td>
<td>+670 213 0011</td>
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<tr>
<td>Suai Hospital</td>
<td>+670 223 0011</td>
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<tr>
<td>Viqueque Hospital</td>
<td>+670 433 0011</td>
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