

Preparing for your cardiology consultation

Checklist

Before your appointment:

- Sign up for MyChart (see the Resources section).
- Complete testing as ordered; reports will show up on MyChart once available.
- Take part in the **Preparing for Your Cardiology Consultation** webinar (check the calendar in the Resources section).
- Make a list of questions for your appointment; see below for suggestions.
- Take steps to improve your cardiac health risk factors.

At your appointment:

- Bring your medication bottles, health card and questions.
- Bring a support person (optional).
- Arrive 30-45 minutes early to allow time to find parking and register.
- Enter from Ruskin St. (register to your right).
- Identify new or changing symptoms at the start of the appointment.
- Ask questions and write down the answers (your support person may help with this).
- Discuss the plan for more testing, follow-up, and medication changes.
- Ask about any problems you see with the plan.
- Make sure all your questions were answered (your support person may help with this).

After your appointment:

- Update your medication list and review any changes with your pharmacist.
- Continue to take steps to improve your risk factors.
- Check MyChart for a summary of your consultation.
- Complete follow-up as required.

If your symptoms change while you are waiting for your consultation, please update your referring doctor.

If you are having angina or heart symptoms:

Unrelieved angina or heart symptoms (chest, jaw, neck, or arm pain) after taking a second nitroglycerin spray/tablet **OR** extreme shortness of breath, sweating, nausea, irregular heartbeat, feeling weak, or feeling like you are going to pass out → You need to see a doctor right away. Call 911.

Questions to consider at your appointment:

At your first appointment, your healthcare team will share information about your condition and the next steps in your treatment. To make the most of this time, it is always helpful to bring a list of questions you would like answered.

Here is a list of questions you might want to ask:

- Can you explain my condition?
- What caused this condition?
- What do my symptoms mean?
- What symptoms should I be monitoring for now and in the future?
 - What should I do if I have those symptoms?
- What are my treatment choices and their side effects?
- How will this condition affect my life now and in the future?
- Are there any activities I should avoid?
- Is there a genetic component to my condition?
 - Should my family be tested?
- Whom should I contact if my symptoms change or if I have side effects from a medication?

Resources



Calendar | University of Ottawa Heart Institute
(filter by event type: webinar)

ottawaheart.ca/calendar



MyChart

ottawaheart.ca/mychart