

In preparation for your visit to the Adult Congenital Cardiac Clinic

At each visit to the ADULT CONGENITAL CARDIAC CLINIC you will need to have an electrocardiogram (ECG) completed. Upon arrival, please go directly to the Medical Diagnostic Unit 3U on the third floor to have your ECG then bring the results with you to The Boris Clinic on the fourth floor Yellow.

At the clinic, please register at the reception area and they will give you direction where to go for our services.

- ✓ Bring your Health Card
- ✓ Bring all medications that you are taking in the original containers. Remember to include all over the counter drugs, herbal remedies and vitamins
- ✓ Ensure that we have your current and correct contact information
 - Correct spelling of your name
 - Date of birth
 - Address
 - Telephone numbers (home / work/cell)
 - Email address
 - Emergency contact person and telephone number
 - Name of current Family Physician and any Specialist that may be involved in your care
 - Name and telephone number of the pharmacy that you use
 - Name of lab that you use if you should require blood work to be drawn
- ✓ Make a list of any questions you may have and bring the list with you
- ✓ Let us know if you plan on being away from the area for any extended period of time (school, traveling, relocation)
- ✓ Ensure we are aware of any hospitalizations you may have

Remember, this is **your** health care appointment. If you are unable to attend at your scheduled time, please call ahead of so that we can offer this time to someone else and reschedule your appointment

Contact Information:

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Have you joined the Canadian Congenital Heart Alliance (CCHA)? CCHA is a congenital heart patient support and advocacy group that is working to ensure you get the best care and support to live a healthy life. We encourage you to join (it's free) so you can stay up-to-date with CHD-related news and events, have access to CHD educational material, and take part in both fun and educational events. We encourage your family to join too! Please visit www.cchaforlife.org for more information.