

Your Guide to a Successful Cardiology Visit

Use this checklist to prepare for your appointment. Being organized helps your doctor understand your health and ensures you get the answers you need.

Part 1: What to Bring

- **Your Insurance Card and ID:** Have them easily accessible.
- **Referral Form:** If required by your insurance (check beforehand).
- **Your Pharmacy's Phone Number:** In case the doctor needs to send a new prescription.
- **A Notebook and Pen:** To write down instructions, new terms, or test dates.
- **A Friend or Family Member (Optional):** A second pair of ears is helpful to remember information and ask follow-up questions.

Part 2: Information to Prepare

My Medications & Allergies

List *everything* you take, even if it seems unrelated.

Medication Name (Prescription or Over-the-Counter)	Dose (e.g., 50mg)	How Often? (e.g., Twice a day)
<i>Example: Lisinopril</i>	<i>10mg</i>	<i>Once daily</i>
Vitamins & Supplements:		

Allergies (Meds, Food, Latex):	Reaction (e.g., Rash, Hives):	

My Medical History

- **Past Surgeries:** (Include dates if you remember)
- **Previous Hospitalizations:**
- **Known Medical Conditions:** (e.g., Diabetes, High Blood Pressure, Sleep Apnea)
- **Family Heart History:** (Check with relatives before your visit)
 - **Who? (Mother, Father, Sibling):**
 - **What condition? (e.g., Heart attack, AFib, High Cholesterol):**
 - **At what age? (Especially if under 55):**

Part 3: My Symptoms (The "Detective" Work)

Your doctor needs clues. Be specific.

- **What does the symptom feel like?**
 - (e.g., Sharp pain, dull ache, fluttering, pounding, skipped beat, tightness)
- **When does it happen?**
 - (e.g., During exercise, at rest, after eating, when lying down, randomly)
- **How long does it last?**
 - (e.g., A few seconds, 10-15 minutes, constant)
- **What makes it better?**
 - (e.g., Resting, sitting up, taking an antacid)
- **What makes it worse?**
 - (e.g., Walking upstairs, stress, caffeine)

Part 4: Questions for My Doctor

Don't be afraid to ask. This is your time.

1. Based on my symptoms, what do you think is the most likely cause?
2. What tests do you recommend, and what will they show?
3. What are the risks or side effects of this new medication?
4. Do I need to make changes to my diet, exercise, or caffeine intake?
5. What symptoms should I watch for that would require an urgent call or ER visit?
6. (Your specific question): _____
7. (Your specific question): _____