

# One stop cardiology clinic

## Cardiology Department

### Patient Information Leaflet

#### Introduction

You have been referred to our one stop cardiology clinic for an assessment of your heart.

#### How do I need to prepare for the clinic?

It is important to:

- Bring any medication that you are taking or an up-to-date list of them.
- Bring or wear comfortable walking shoes and a loose T-shirt.
- Avoid using body cream, oil or moisturisers on the day as they may interfere with any tests.
- If you are prescribed any medication, you may need cash to collect the prescription.

After you have had your investigations, we may need to discuss test results, a new diagnosis, new medication and give you advice. This can be a lot to take in. Although we provide information booklets for you to take away, it can be useful, although it is not essential, for you to bring a partner or friend.

## What happens at the clinic?

When you arrive, you will have your heart rhythm recorded, this is called an ECG. Then you will be seen by a member of the cardiology team who will discuss your symptoms and examine you.

Depending on the reason for your referral, you may need to have other cardiac investigations. These may include an ultrasound scan of your heart called an echocardiogram, walking on a treadmill, a longer heart rhythm recording or blood pressure recording.

The decision about which test you need will be made by the specialist on the day and the details about each test will be explained at the time. It may be that once the specialist has assessed your symptoms, you do not need any further tests.

If you do have tests on the day, the results and any treatment will be discussed with you.

Please bear in mind that as you may need to have quite a few tests on the day, you may be at the hospital for two to three hours. You will need to allow for this when parking on the hospital car park as there will be a fee to park at the hospital.

**General note: if you experience chest pain at any time, stop what you are doing, rest and note the time. If your chest pain persists despite resting for 15 minutes, dial 999.**

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Cardiology on 01384 244582 (8am to 6pm, Monday to Thursday and 8am to 5.30pm on Friday)

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/cardiology/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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