

Cardiology: First Outpatient Appointment

Introduction

Your referral is being processed and you will be contacted by your trust for your first appointment. While you wait do please read the remainder of this leaflet for more information on what can be done to support you.

Guidance for Patients

How you can support yourself while you wait for your procedure

There are things you can do whilst you wait for your procedure to make you sure you are as healthy and strong as you can be. This will increase your chances of a better recovery. In the time leading up to your procedure, be sure to take good care of yourself by taking a few smart steps. This can help you avoid complications. Follow these simple tips to ensure the best possible outcome and prepare for a successful recovery.

Take Your Medication

You will be advised to continue with your normal medications, but you may be advised to stop some medications before your procedure, your clinician or pre-operative nurse will provide you with this information.

Improve Your Health

- Stick to healthy foods - Your body needs good nutrition to fight infection and heal following your procedure.
- Avoid dehydration - drink at least six-eight glasses of fluid per day, preferably water.

Alcohol

Alcohol can have many effects on your body but importantly it can reduce your body's ability to heal. Make sure you are drinking within the recommended limits or lower to improve your ability to heal after your procedure.

Smoking

If you are coming into hospital for a procedure, and you are a smoker, we strongly advise you to stop smoking as soon as possible because this will help to improve wound healing, lung function and you will make the best possible recovery. Now is a better time than ever to stop smoking. Smoking before procedure puts you at a higher risk for post-operative heart attacks, stroke, blood clots, pneumonia and even death.

What should I do if my health is deteriorating?

If you feel that there is a change in your condition, please contact your Clinical Team, via switchboard (01223 245 151)

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. The NHS 111 service is available 24 hours a day, seven days a week. You can also visit www.nhs.uk

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

Contact Us

Please contact the Cardiology service, via main switchboard.

For more information please visit

<https://www.cuh.nhs.uk/our-services/cardiology-heart/>