

PATIENT RESOURCES

Prepare for your visit. Know your body.

Select a guide below to read online, or download a printable copy to keep for reference.

PRE-VISIT PREPARATION

Your First Visit



What to expect during your first appointment, and how to prepare.

Thank you for choosing The Heart Center For Women. Your first visit is a full hour together — and I want it to feel different from any cardiology appointment you've had before.

You'll have space to tell your whole story. I'll listen before I ask. I'll ask about things most cardiologists don't ask about. And by the time we're done, you'll know exactly where things stand, what I recommend, and what happens next — with your follow-up already scheduled before you leave.

Here's what to expect and how to make the most of our time together.

WHAT TO BRING

A list of your current medications and supplements

Any prior cardiac records, test results, or imaging — even from years ago

Notes on your family cardiac history — who, what, and at what age

Anything you've been meaning to show a doctor but haven't had the chance to

WHAT YOUR VISIT WILL LOOK LIKE

1	2	3	4
0–10 MIN We start by hearing from you Tell me what's bringing you in — in your own words, at your own pace. No right answer. Just your story.	10–25 MIN We go deeper I'll ask about your heart health, history, and life — including things most cardiologists don't cover: pregnancy history, hormonal health, prior healthcare experiences, stress, and how your life actually works day to day.	25–40 MIN The exam A full cardiac exam including an EKG. I'll keep talking with you the whole time — nothing happens without your understanding.	40–60 MIN Your plan I'll share my full assessment in plain language, connect the dots across your history, and lay out clear next steps. You'll leave knowing where things stand — and with your next appointment scheduled.

A FEW THINGS WORTH REFLECTING ON BEFORE YOU COME

- What are you most worried about? What do you most want me to know?
- Has anything in your health history ever felt dismissed or overlooked?
- What does a good outcome from this visit look like for you?

You don't need to have all the answers before we meet — the questions above are just here to start your thinking. The real conversation happens in the room, and I'm genuinely looking forward to it.

With care,

Dr. Caitlin Giesler

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SIGNS & SYMPTOMS

Women's Heart Warning Signs



What to watch for in your body, and when to act.

The Heart Center For Women · heartcenterforwomen.com

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