

My Clinic appointment in the adult congenital department

Welcome to the adult congenital outreach clinic! When you arrive at the hospital it is important to check in at the cardiothoracic reception desk, when you have answered a couple of simple questions you will be asked to sit in the waiting area.

The clinic staff will call your name, you will then have your blood pressure, heart rate, oxygen saturations, and weight recorded in KGS. If it is your first appointment your height will also be recorded.

The clinic staff will then perform your ECG this is a tracing of your heart to look at the rhythms.

During your clinic visit you may also need an ECHO – this is where you have some jelly placed on your chest and a physiologist takes some scan pictures of your heart, we need lots of pictures to look at different angles of your heart. Sometimes you may have come the week before for your ECHO.

When it is time to see your consultant or nurse specialist, they will have all the above-mentioned information ready to look at.

You will be asked a series of questions about yourself and your medical history, if you take medication it is advisable to bring this list with you. All of these questions are relevant to you, your lifestyle and how we can help you manage your congenital condition in the best possible way.

The Dr or nurse specialist may examine you to check your heart sounds, heart rate and check you don't have any extra fluid on board and your chest & lungs sounds ok. You can ask for a chaperone at anytime if it makes you feel more comfortable.

Your clinic appointment can take anywhere between 1-2hours due to all the investigations you need. We may also require swabs or bloods from you in clinic, but not everyone will need these.

At the end of your appointment, you will be given a sheet of paper to hand back to the front desk, this is so you can make an appointment for your next visit.

If at anytime you do not feel comfortable, or do not understand anything that has been said, please let your Dr or nurse specialist know and we can go through things in more detail.

Thank you

The Adult Congenital Team

Freeman Hospital