

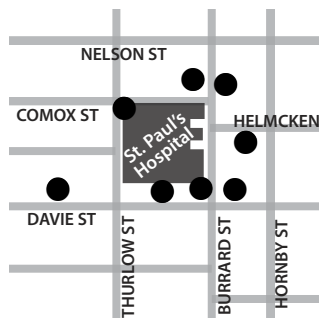
## Preparing for your first clinic visit

- Your first visit will take up to 2 hours.
- Try to arrive at least 15 minutes early.
- If you need to cancel or change your appointment, call this number within 24 hours of your appointment if possible:

604-806-8733

## What to bring:

- All your medications with you in a bag so we can see exactly what you're taking.
- Your medication list, if you have one.
- Summary of your medical history, if you have one.
- A list of who your doctors are.
- A record of your weight for the last month (if you have it).
- A record of your blood pressure and blood sugar levels for the last month (if you have them).



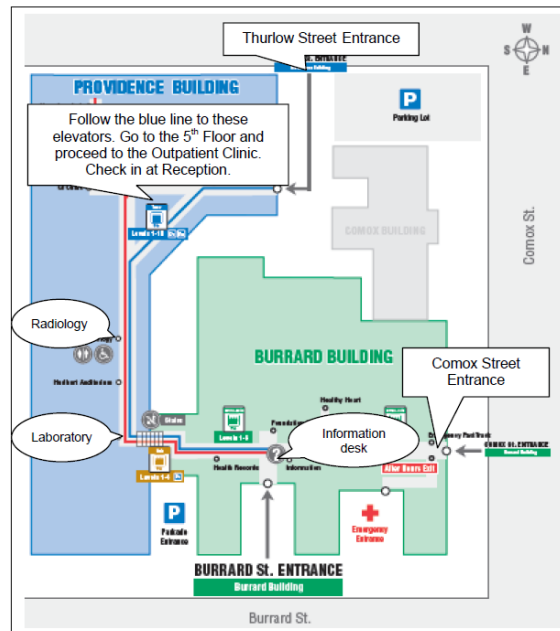
Parking lots near St. Paul's Hospital

## How to get here

We suggest you consider public transit, HandyDART, or a taxi. Phone TransLink 604-953-3333 or go to [www.translink.ca](http://www.translink.ca) for trip planning.

If you do drive, parking is limited at the hospital. There are a number of parking lots near the hospital along with metered parking on some streets.

Once at the hospital, take the Providence Wing elevators to the 5th floor Outpatient Clinic (see below) or stop for directions at the Information Desk at the main entrance (off Burrard Street).



FD.022.H3511.PHC (R.Oct-11)



How you want to be treated.

[www.providencehealthcare.org](http://www.providencehealthcare.org)



How you want to be treated.

## Heart Function Clinic



### St. Paul's Hospital

5 C/D-5<sup>th</sup> Floor, Providence Building  
1081 Burrard Street  
Vancouver, BC V6Z 1Y6

Phone: 604-806-8733

Fax: 604-806-8763

[www.heartcentre.ca](http://www.heartcentre.ca)

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## The Heart Function Clinic

You have been referred to the Heart Function Clinic either because:

- You have been in hospital for your heart.
- Your family doctor or specialist thinks you may have a condition called 'heart failure'.

'Heart failure' is when your heart does not pump as well as it should. Heart failure is quite common as we get older. It is caused by many things, but most commonly caused by:

- high blood pressure
- a heart attack

Unfortunately, heart failure is usually a medical condition that slowly gets worse over time. Even though it can not be cured, you can learn to live with it. There are some treatments that can help people live a longer, better life. There are also some things that you can do yourself.



## What does the Heart Function Clinic do?

We work with you for about one year. During this time, we:

- See you in the Clinic three or four times.
- Do various heart tests.
- Make sure you are on the right medications for you.
- Teach you how to manage your heart failure better at home.
- Phone you regularly to see how you are doing on your heart failure medications and treatments.
- Regularly update your family doctor on your condition.
- Continue to check on you until things are working well for you. If your health changes, you may be sent back to the Clinic for more treatment.

While you are a patient of the Heart Function Clinic, we provide refill prescriptions for your heart medications. During this time, please see your family doctor to have your other medication prescriptions refilled. Once we feel you no longer need support from the Clinic, your family doctor will provide all your prescription refills.

## What will you learn?

While attending the clinic, we teach you about the following:

- The heart medications you are taking
- Healthy eating habits and any changes you need to make
- What to look for when your heart is not working as well as it should
- When to phone for help
- Who to phone if you are sick

## Things you can do

- Write down any questions you may have.
- Bring your questions with you to your appointment or ask them when we call you.
- Take your medications as directed.
- Talk with us about any worries or concerns you may have about your health condition.
- Work with us to create a plan that works for you.

Our goal is to work with you to slow down the progress of heart failure. We want you to enjoy your life as much as possible.