

You may find yourself in an Emergency Department or facing a heart problem or other serious sudden health concern. Here are some suggestions as to how to protect your interests in such situations, where information about your health may be required quickly.

- You should have a copy of a recent clinical letter that describes your condition and the issues being monitored by your specialist. You may provide your email address or fax number to facilitate communication.
- A copy of a recent electrocardiography (ECG) may also be helpful. This can be obtained from your specialist.
- You should ask your cardiologist for a contact number which you or your family physician can call if an urgent situation arises. Also ask for the contact number to call in the event of an emergency. Call the Specialist Clinic during office hours.
- If you are admitted to hospital for heart problems or other serious troubles, please have a relative notify your cardiologist or the Adult Congenital Clinic staff. We can help if necessary.
- If your congenital heart problem is important or risky, you may need immediate transfer to a major Hospital specialising in Adult Congenital Heart Disease.
- You and/or your close family members and/or friends should learn about your condition(s). Most doctors know little about congenital heart defects, so knowledge about your own condition may make a difference. You can use the websites provided overleaf to obtain information.
- If you will be travelling, we recommend that you identify an expert adult congenital heart cardiologist at your destination. We will be happy to assist you. Alternatively you can connect to and look under the International Society for Adult Congenital Cardiac Diseases (ISACCD) or CACH Network membership lists. You may choose to travel with a business card from your cardiologist.
- Purchase a Medic-Alert bracelet, necklace or card if you have a mechanical valve, have seizures or diabetes, are on Warfarin, have serious allergies or have any condition that may alert and provide pertinent information to emergency personnel in the event you are unconscious.
- Such actions on your part will assist you to take more control of your own health, give yourself a better understanding of your condition and what (if anything) to watch out for.
- Protecting yourself can be easy when we work together with you.

Contact Us

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