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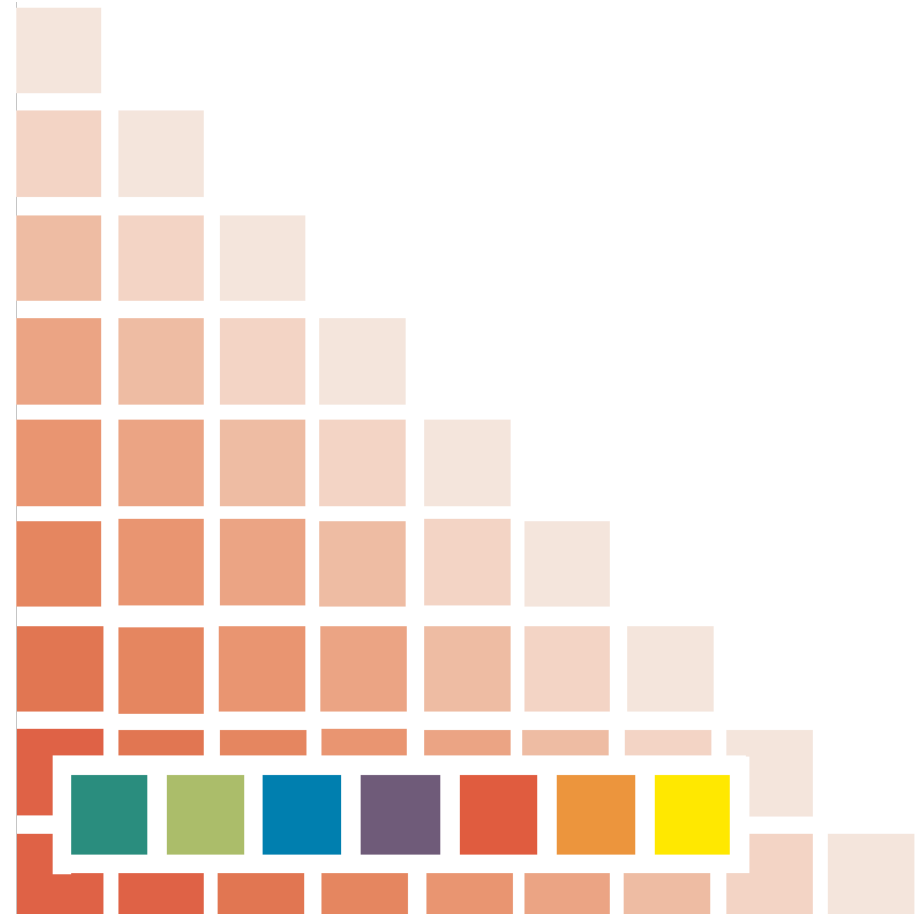
إذا كنت ترغب بالحصول على ترجمة فورية لمضمون هذه الوثيقة الى اللغة العربية،
يرجى منك الإتصال باحد مستخدمينا بجناح المصلحة أين يتم إستشفائك. أحد موظفينا
سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosürteki bilginin Türkçe tercümesi için tedavi görüyor olduğunuz
bolüme bas vurunuz. Bolüm personeli tercümenin gerçekleşmesini
en kısa zamanda ayarlayacaktır.



Royal Brompton Hospital

Adult congenital heart disease: the day case assessment unit



Welcome to the adult congenital heart disease (ACHD) day case assessment unit at the Royal Brompton Hospital.

We have written this leaflet to give you information on the adult congenital heart disease (ACHD) day case unit, what to expect when you visit, and the various tests that may be performed. It does not replace the information that will be given to you by our staff but we hope you find it a helpful guide to use before and during your visit to us. If you have any questions, or need any further information, please do not hesitate to ask.

Why have I been referred to the day case unit?

Your doctors have referred you to us at the day case unit. This may be because you need further tests, education on ACHD, or an introduction to the ACHD services at the hospital.

During a single visit, we can coordinate:

1. **A series of specialist cardiac tests**
2. **A specialist education session with one of our clinical nurse specialists**
3. **Access to specialist ACHD literature and online information**
4. **An introduction to the hospital departments and ward staff**
5. **A consultation with an ACHD consultant to discuss your health and review your test results**

By the end of your visit we will have prepared an individualised care plan for you which will detail your planned future cardiac care as well as offer specific advice to help you maintain a healthy lifestyle.

Who can I contact for further information?

Test booking office

This is the best number to call for general information

020 7351 8618

For information on cardiac magnetic resonance scan

020 7351 8800

For information on echocardiography

020 7351 8209

For information on exercise testing

020 7351 8641

For information on CT scanning

020 7349 7799

If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call Patient Advice and Liaison Service (PALS) on 020 7349 7715 or e-mail pals@rbht.nhs.uk. This is a confidential service.

CT (computerised tomography) scan of your heart
During a CT scan, we use x-rays and a special injection of dye to take detailed pictures of your heart and blood vessels. Your heart rate needs to be relatively slow to allow us to get the best quality pictures and so we may give you some medication to slow your heart rate down prior to the scan.

For the test itself, you will lie on a couch inside the CT machine (this is not a confined space). A small plastic tube will be put into one of the veins in your arm and an injection of dye given. Very occasionally people can have an allergic reaction to the dye. If this happens, staff will be able to give you treatment immediately to reverse the reaction.

In total the scan takes about 20 minutes. As the test uses x-rays, you should not have it if you are, or think you may be, pregnant.

Other tests

If we plan to perform other tests, we will explain each of these to you on the day.

What do I need to bring with me on the day?

When you come to the unit, please bring:

- An up to date list of the medications you are taking, including any "over the counter" medicine
- Any medication you will need to take during the course of the day
- You may take an exercise test during your time with us. This will usually involve running on a treadmill. If you are having this test and want to shower afterwards, please bring a towel and toiletries with you.

As your visit to us will last most of the day, we will provide a light lunch and tea and coffee breaks.

What tests will I have on the day?

There are a variety of tests that you may have during your visit to us. On the following pages we describe some of the main types. We have ticked any that have been booked for you during your visit and enclosed with this booklet is a timetable for your day detailing which test you will have when.

Electrocardiogram (ECG)
An electrocardiogram is a simple, painless test which measures the electrical activity of your heart through electrodes placed on your chest. It is performed on the ward.

Blood tests
For _____

Chest x-ray
This is a standard x-ray of your chest. As radiation – a small amount of which is used to perform x-rays – can be harmful to an unborn baby you should not have this test if you are, or think you may be, pregnant.

Echocardiography

This is a simple, painless, ultrasound scan of the heart which takes about 30 minutes. It allows us to learn more about the function and structure of your heart valves and chambers.

No special preparation is required for this test. You will be asked to remove your upper body clothes and lie on a couch. Small electrodes will be attached to monitor your heart beat and we will then perform an ultrasound scan of your heart. Cold jelly will be applied to your chest, and the ultrasound pictures recorded.

Cardiopulmonary exercise test (also called CPX or MVO2)

This is a type of exercise test which gives us information on how your heart, lungs and muscles respond to exercise.

These tests are usually performed on a treadmill. So that we can measure the amount of air that you breathe during the test, we will ask you to wear a special mouthpiece and nose clip. An ECG and blood pressure cuff will monitor your heart beat and blood pressure, while a clip on your finger will monitor your oxygen levels.

We will start by taking some resting measurements. You will then be asked to start walking slowly on the treadmill. If you are able to do this easily then the treadmill will get faster and steeper every three minutes. The test will stop either when you are unable to continue or when the staff have all the information they need. The mouthpiece means that you will not be able to talk during the test but you will be able to communicate with the staff using hand signals.

Preparation

- Try to be as rested as possible before your test
- Avoid caffeine for two hours before the test (no tea, coffee, or soft drinks containing caffeine) as these may increase your heart rate
- If you are a smoker, please try not to have a cigarette for eight hours before the test

After the test

After the test you will be able to eat and drink as normal. If you have a shower immediately afterwards, please make sure this is not too hot – if it is, you may feel faint. We will discuss your test results with you at the end of the day.

Cardiac magnetic resonance scan

Magnetic resonance imaging (MRI) uses magnetic and radio waves to form high quality pictures of the body – in the case of a cardiac scan, it forms images of the heart and blood vessels. It is not an x-ray so does not use radiation.

As the scan involves strong magnets, any metal can affect the safety and quality of the scan. This means it is important we know if you have:

- A heart pacemaker or defibrillator
- Undergone brain surgery in the past
- Have any implants or metal in your body
- Have any metal fragments in your eyes from, for example, welding or other manual labour involving metal

During the scan you will lie on a couch which moves inside the scanner. The test will last for up to an hour. Sometimes we give you an injection of a harmless dye so that we can see your heart more clearly on the scan pictures.

The scanner

Some people find that the MRI scanner feels a little claustrophobic. Remember that you will be able to talk to the radiographers throughout the scan via a microphone, and that we will do everything we can to make you as comfortable as possible. If you do have any worries about this or other any aspect of the scan, just let us know.

Please let us know if you are, or think you may be, pregnant. If the scan is non-urgent we can postpone it until after your baby is born.

Preparation

- Please take all your medications as normal
- Feel free to bring a CD of your choice to listen to during the scan