



A lifetime of specialist care

Harefield Hospital Rapid access heart function clinic – appointment information

Name:

Date:

Time:

Why has my GP referred me to the rapid access heart function clinic?

You have been referred to the rapid access heart function clinic because you visited your GP with symptoms that may include:

- shortness of breath
- fatigue (tiredness)
- fluid retention.

Your GP would like to find out if your heart is causing any of these symptoms.

Do I need to prepare for the clinic?

Please bring a list of all your medications with you to the clinic – including medication that you can buy over the counter without a prescription. If you take inhalers for asthma, bring these with you too.

If you have diabetes, you do not need to change your diet or treatment, but please bring your insulin and any snacks as needed.

It is a good idea to wear loose fitting clothes to your appointment. This will make it easier to take some basic measurements such as your blood pressure.

You can eat and drink as usual before you come to the clinic.

How long does the clinic take?

The clinic usually takes two to three hours, but can sometimes take longer. We will tell you if we expect any delays.

What happens on the day of the clinic?

When you arrive at the hospital, please go to the outpatient department on the first floor. If you need help or directions, you can ask for assistance at the main reception desk.

When you are in the outpatient department, please let the receptionist know that you have come for the rapid access heart function clinic.

The receptionist will then organise the following tests for you:

- blood tests – to see how well your heart is working
- an electrocardiogram (ECG) – to record your heart rate and rhythm
- an echocardiogram (echo) – to build up a moving picture of your heart using sound waves
- a chest X-ray – to look at your chest, lungs and heart.

After these tests are completed, the consultant or nurse specialist will discuss your symptoms and medical history with you, and examine your heart and chest. The consultant or nurse specialist will discuss the results and any recommendations with you.

What happens after the clinic?

We will send copies of your clinic results and recommendations to your GP.

Who can I contact for more information?

The nurse specialist in heart failure

01895 828916

If you are unwell, please seek medical advice from your GP or by calling 111 – the 24-hour NHS non-emergency number – to speak to an adviser. In an emergency, please call 999 for an ambulance.