

Cardiologist Appointment

Visit Preparation Checklist

BEFORE YOUR APPOINTMENT

- Bring all current medications (name, dose, frequency) — include supplements and OTC drugs
- Bring previous ECG/EKG results, echocardiogram, or stress test reports if available
- Bring recent blood test results: cholesterol panel, blood sugar, kidney function
- Bring any records of past heart procedures or surgeries
- List any known allergies (medications, contrast dye, latex)
- Note family history of heart disease, stroke, or sudden cardiac death
- Wear comfortable, loose-fitting clothing (ECG electrodes may be attached)
- Write down your top 3 questions — you may only have time for 3

SYMPTOMS TO DOCUMENT (write before the visit)

- Chest pain, pressure, or tightness — when does it occur?
- Shortness of breath — at rest or only with activity?
- Palpitations (fluttering or racing heartbeat) — how long do they last?
- Dizziness, lightheadedness, or fainting
- Ankle or leg swelling — which side, how long?
- What triggers symptoms? (exertion, stress, lying down)
- Have symptoms changed over time? (better, worse, or the same)

7 QUESTIONS TO ASK YOUR CARDIOLOGIST

1. What is my exact diagnosis, and how serious is my condition right now?
2. What tests do I need — ECG, echocardiogram, stress test, or coronary imaging?
3. What are my treatment options, and do I need any procedures or surgery?
4. What are the targets for my blood pressure, heart rate, and cholesterol?
5. What exercise and daily activities are safe for me right now?
6. What warning signs should send me to the emergency room immediately?
7. How often do I need follow-up appointments, and should I see other specialists?

Tip: Ask your cardiologist if you should monitor your blood pressure and heart rate at home between appointments. A home log of daily readings is often the most useful data you can bring.

My Cardiology Visit Notes

Doctor / Clinic: _____

Date: _____

Next appointment: _____

DIAGNOSIS / FINDINGS

TESTS ORDERED

MEDICATIONS / TREATMENT CHANGES

ACTIVITY / LIFESTYLE RESTRICTIONS

HELPFUL TOOLS — AVAILABLE ON AMAZON

- [Omron Blood Pressure Monitor](#) — Track BP daily and bring your home log to your cardiologist
- [Health & Symptom Journal](#) — Log symptoms, triggers, and questions before each visit

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IMPORTANT: This checklist is for preparation purposes only - not medical advice. Always follow your doctor's instructions.
Emergency numbers: 995 (Singapore) | 911 (US / Canada) | 000 (Australia) | 111 (New Zealand)
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