

Follow-up Visit Checklist

Society for Heart Failure and Transplantation

Preparation Instructions:

- Complete this checklist 1-2 days before your appointment
- Gather all required documents and information
- Prepare your questions in advance
- Bring this checklist to your appointment
- Allow extra time for parking and check-in procedures

Pre-Visit Preparation Checklist:

Documents & Information to Bring:

- Current medication list with dosages and frequency
- Daily monitoring logs (weight, blood pressure, symptoms)
- Recent test results and reports from other providers
- Insurance cards and identification documents
- List of current symptoms and any changes since last visit
- Blood pressure and heart rate readings from home
- List of questions for your healthcare team
- Emergency contact information
- Advance directives or healthcare proxy documents (if applicable)

Health Status Review:

- Document any new symptoms or changes since last visit
- Note medication side effects or adherence challenges
- Track activity tolerance and exercise capacity changes
- Record any emergency visits or hospitalizations
- Note dietary changes or challenges with heart-healthy eating
- Document sleep quality and any breathing difficulties at night
- Record any weight changes or swelling patterns

Important Questions to Ask Your Healthcare Team:

Category	Questions to Consider
----------	-----------------------

Medications	<ul style="list-style-type: none"> • Are my current medications working effectively? • Do I need any dosage adjustments? • Are there any new medications I should consider? • What should I do if I miss a dose?
Heart Function	<ul style="list-style-type: none"> • How is my heart function progressing? • What do my latest tests show? • Are there any concerning changes? • What is my ejection fraction?
Activity & Exercise	<ul style="list-style-type: none"> • What activities are safe for me? • Can I increase my exercise level? • Are there activities I should avoid? • How do I know if I'm overdoing it?
Diet & Lifestyle	<ul style="list-style-type: none"> • Are there any dietary changes I should make? • How much fluid should I drink daily? • What is my sodium restriction? • Can I travel or fly?
Follow-up Care	<ul style="list-style-type: none"> • When should I schedule my next appointment? • What tests do I need and when? • When should I contact you between visits? • What symptoms require immediate attention?

Your Personal Questions:

Write down specific questions you want to ask:

1. _____
2. _____
3. _____
4. _____
5. _____

Appointment Notes:

Use this space to record important information from your visit:

Next Appointment Information:

Next Appointment Date: _____

Time: _____

Location: _____

Tests Needed Before Next Visit: _____

Medication Changes: _____

Follow-up Instructions: _____