

The Adult Congenital Heart Disease Clinic

Halifax Infirmary

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Learn more: <https://library.nshealth.ca/patient-education-resources>

Notes:

- [illegible]

is made up of 10 buildings located on two sites

- There is a parking lot on Summer Street across from the Halifax Infirmary. Parking is free.

- Parking is limited. Please give yourself extra time to find a parking space.

> Phone: 902-473-4051

- If there is no answer, please leave a message with your:
 - › Full name
 - › Date of birth
 - › Provincial (MSI) health card number
 - › Phone number
 - › Reason for your call
- We will call you back within 1 to 2 business days (Monday to Friday).

Please do not wear scented products when you come to the QEII.

What should I bring to my appointment?

- ☐ Provincial health (MSI) card
- ☐ All your medications (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements) or a list of your medications
- ☐ A list of your allergies and sensitivities
- ☐ A list of questions for your cardiologist (heart doctor)
- ☐ A pen and paper or a device (like a cell phone or tablet) to write notes
- ☐ A support person, if you choose

Resources

Canadian Adult Congenital Heart Network

- › <https://cachnet.org>

Canadian Congenital Heart Alliance

- › <https://cchaforlife.org>

Heart and Stroke Foundation of Canada

- › www.heartandstroke.ca

YourHealthNS

- YourHealthNS is a new app that helps you navigate health information, book services, and discover care options, right from your phone or computer.
- For more information, scan the QR code below or visit:
 - › <https://yourhealthns.ca>

Scan the QR code below on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)



- › **Cardiac MRI:** This test uses a magnetic field and radio waves to show images of your heart and assess your heart function.
- After your tests, you will see the clinic nurse. They will:
 - › Weigh you
 - › Go over your health history
 - › Go over your medications
 - › Take your blood pressure
 - › Check your heart rate and oxygen level
- Then you will see the cardiologist. They will:
 - › Assess you
 - › Go over your test results
 - › Go over your plan for follow-up
- You may be at the hospital for a few hours. You may want to bring something to do (like a book) and a snack.

Who is on the clinic team?

- The clinic team includes:
 - › 5 cardiologists
 - › 2 cardiovascular (heart) surgeons
 - › Clinic nurse
 - › Booking clerk
 - › Psychologist
- All of the cardiologists diagnose, assess (check), monitor, and treat congenital heart disease. You may not see the same cardiologist at each visit.
- You may also meet residents (doctors who are in training) working under the guidance of the cardiologists.

Clinic nurse:

- › Phone: 902-473-7885
- Please call the nurse if:
 - › You have any new symptoms
 - › You have visited an Emergency Department because of your heart condition

Appointments

- Appointments are every Wednesday between 1 and 4 p.m., and as needed.
- All appointments are booked 1 month in advance. You will get your appointment date by mail, email, or phone.
 - › Please tell us if your address or phone number changes.
- If you are waiting for information about your appointment, please check your email's spam or junk folders.
- We will call you to confirm your appointment date.

If you need to change or cancel an appointment, please call as soon as you can. We may not be able to rebook on your preferred date.

- If you miss an appointment because of bad weather, we will do our best to rebook you as soon as we can. Rebooking is based on patient care needs.
- **If your appointment is by phone:**
 - › Make sure your phone is charged, the ringer is turned on, and you have cell reception.

- You may need to have blood work done before your appointment.
- **If you live in Nova Scotia, you can book an appointment for blood work online:**
 - › <https://prebooking.nshealth.ca/>
- If you need help booking an appointment, please tell the clinic nurse and we can book it for you.

What will happen at my appointment?

- You may need tests on the day of your appointment before you see the cardiologist. The cardiologists use these test results to guide your care. Some tests you may need are:
 - › **ECG or EKG:** This test looks at the electrical activity of your heart.
 - › **Exercise stress test (also called a treadmill test):** This test measures your heart's response to exercise.
 - › **Echocardiogram:** This test uses an ultrasound to look at your heart structure. It shows how well your heart is pumping and how the blood is flowing through it.
 - › **Cardiac CT scan:** This test uses X-rays to show details of the arteries and veins in your heart.