



Make notes ahead of time about questions and/or issues you want to discuss.

Be ready to say why you wanted to be seen and what your biggest priority is for the appointment.

Prepare a list of your medications and supplements (prescription as well as over the counter).



If you have a fever, what's your temperature and has it changed lately? If you have a blood pressure monitor, what's your latest reading? Log instances of chest pain, shortness of breath or feeling lightheaded.

Consider recording your temperature and weight shortly before your appointment.

Use our [heart valve symptom tracker](#) to monitor your valve disease.

Speak clearly, answer the provider's questions as concisely as possible, be ready to make notes about the provider's recommendations, and ask questions if anything is unclear.



Your medications, when to take them and how to adjust them, if needed.

Your meal plan and whether to adjust it.

Challenges or questions about your care plan.

heart.org/HeartValves.