

SPECIAL PRECAUTIONS AND REQUIREMENTS RELATED TO HEART DEFECT

- Use of air bubble filters for intravenous lines
- Prophylaxis against deep vein thrombosis
- No isometric exercise / static strength training
- No contact sports
- Avoid estrogens for contraception (counseling recommended)
- Anticoagulation:
- Pacemaker / defibrillator:

MEDICAL PASS CONGENITAL HEART DISEASE

Name:

First name:

DOB: □□ □□ □□□□

Main diagnosis

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Dachverband angeborene Herzfehler

ALARM SYMPTOMS – what I need to know about the most frequent complications

- Endocarditis – heart valve infection
 - Fever of unknown cause
 - Night sweats, shivering, joint pains
 - Feeling unwell, unexplained weight loss
 - Urgent assessment by a family doctor or cardiologist (blood cultures, echocardiography)
 - **ALWAYS** draw blood **cultures BEFORE** taking antibiotics
- Arrhythmias / heart racing
 - Palpitations, sudden onset of fast or slow heart beats
 - Sudden onset of worsening exercise tolerance
 - Dizziness, loss of consciousness, blackouts, syncope
 - Emergency assessment by a family doctor or cardiologist (ECG, electrocardiogram)

PREVENTION – what I can do to prevent complications

- Dentist / dental hygiene: At least once a year
Antibiotic prophylaxis for dental procedures
 - Yes (IE pass) No, not required
- Annual vaccination against influenza ('flu-shot')
- Regular aerobic exercise

Contact your cardiology team early in case of unclear symptoms or questions

If in any doubt: Call us!