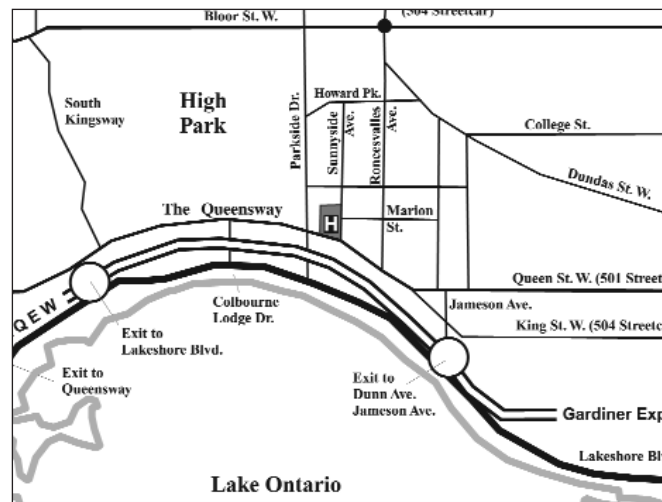


Dear Patient:

You are in the hospital because you may have had a heart attack. You will probably spend about three to four nights here. This is a list of what you can expect to happen during your stay, but please keep in mind that this is only a general guide. Your care may vary from the guide because of your individual needs.

Throughout your hospital stay, always let the staff know if you have any chest discomfort, pain or heaviness, shortness of breath, nausea or weakness.

Always ask any and all the questions you have.



St. Joseph's Health Centre is located at
30 The Queensway

TTC from Dundas West subway station - Take the subway to Dundas West station. Take the 504 streetcar southbound on Roncesvalles Ave. Get off at Marion St. and walk down the block going west. The Health Centre is at the end of the block.

Driving from west - Take the QEW East and exit at Lakeshore Blvd. From Lakeshore, turn left at Colbourne Lodge. Turn right at The Queensway. The Health Centre is on the left-hand side of the street.

Driving from east - Take the Don Valley Pkwy. to Gardiner Expressway West. Exit at Dunn Ave. Follow signs to Jameson Ave. and turn right on Jameson. Turn left at King St. Turn left at The Queensway. The Health Centre is on the right-hand side of the street.

Information for Heart Attack Patients

at St. Joseph's Health Centre

ST. JOSEPH'S
HEALTH CENTRE TORONTO

ST. JOSEPH'S
HEALTH CENTRE TORONTO

WHAT TO EXPECT THE FIRST THREE DAYS FOLLOWING A HEART ATTACK

DAY 1

- You will probably be in the Cardiac Care Unit or in the Cardiology Unit.
- You will receive oxygen and medications to keep you comfortable and help your heart work.
- You will be connected to a heart monitor and will have frequent blood pressure checks, blood tests and ECGs. You may have other tests scheduled as well.
- You will have at least one IV (intravenous) line. We will let you know if you can eat or drink.
- You may be on bed rest the first day - your doctor will determine your activities.
- We will begin to teach you about your condition, your medication and how you can lower the risk of having another heart attack. If you smoke, we will counsel you about how to stop.
- Your family and friends are welcome to visit you during your stay. Visiting hours at the Cardiac Care Unit are 11:00 - 13:00 and 15:00 - 21:00 with a two-hour rest period for patients.

DAY 2

- If you have been in the Cardiac Care Unit, you may be transferred to a General Unit.
- Blood pressure checks, blood draws and tests will be less frequent.
- You may be able to increase your activity.
- Eating and drinking will probably increase.
- We will check your cholesterol levels and you may be started on medication to lower your cholesterol. We will teach you about the diet that is best for you.
- We will continue to teach you about your condition and how you can best take care of yourself.
- You may have an exercise test or heart catheterization to test your heart function within the next few days, depending on your condition.
- Care and support from your family and friends is encouraged.

DAY 3

We will start getting you ready for discharge. We will teach you about:

- the medicines you will take at home
- a diet that is best for you
- exercise, activity and rest, returning to work and other routine activities
- any follow up appointments and tests you will need, and
- a Cardiac Rehabilitation Program

During your stay, don't hesitate to ask any questions you may have about your condition. Your medical health care provider on duty will be happy to assist you with anything you may need to make your stay here as comfortable as possible.

If you have any further questions, please contact the Cardiac Care Unit at 416-530-6086.