



# LIFE AFTER A HEART ATTACK

## MY DISCHARGE WORKSHEET

After surviving a heart attack, you will need follow-up care. This checklist will help you after leaving the hospital and before seeing your health care professional.

PATIENT NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

HEALTH CARE PROFESSIONAL: \_\_\_\_\_ PHONE: \_\_\_\_\_

NOTES FROM MY NURSE: \_\_\_\_\_

Schedule a **follow-up appointment** with your health care professional.

HEALTH CARE PROFESSIONAL: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

Ask your health care professional for a referral to a **cardiac rehabilitation program** near you.

Attending a cardiac rehabilitation program is one of the best things you can do after having a heart attack. Rehab programs help you improve your health and well-being and change your lifestyle habits with:

- Exercise training
- Education
- Counseling to lower stress

CLINIC NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CLINIC NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Learn about and take **your medications**.

Remember to take your medications as prescribed. Report side effects to your health care professional right away.

