

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!