

10 PRACTICAL TIPS FOR ORGANIZING YOUR MEDICAL FOLDER

Practical
information

- 1 Prepare **your medical folder** (A4 format) with colored dividers, to arrange your consultation and hospitalization letters, and your additional tests by organ (heart & blood vessels, gynecology, rheumatology, diabetology, endocrinology, pneumology, etc.).
- 2 In your folder, prepare **a record with the names and contact details of your attending doctors** (GP, cardiologist, angiologist, gynecologist or midwife, endocrinologist, pneumologist, etc.) and that of your support person.
- 3 Prepare a record in your folder with **all your current treatments, drug intolerances and known allergies** (e.g. allergy to iodine).
- 4 Put **all your current treatment prescriptions** in your folder.
- 5 Before the consultation, ask your doctor for a **biological test order form if your blood test is more than one year old**.
- 6 Put in your folder **all your recent biological tests (< 2 years)**.
- 7 Put in your folder your **electrocardiograms and your cardiovascular and gynecological examination reports**.
- 8 **Weigh yourself and measure your abdominal circumference**.
- 9 If you have a self-measuring device, take **a three-day blood pressure reading** (3 measurements in the morning in a quiet sitting position and 3 measurements in the evening in a quiet sitting position before going to bed).
- 10 Put in your folder **the “Preparing for my consultation” self-questionnaire, which can be downloaded from the agirpourlecoeurdesfemmes.com website**.



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