

Questions for the Cardiologist of the Patient with a Fontan

The following is a list of questions or statements designed to help patients with a Fontan discuss important topics with their cardiologist. It is meant as a general guide to ***begin the conversations on these crucial topics***. It is not all-inclusive of everything you should talk to your cardiologist about, and these questions can lead to other topics and concerns for patients with a Fontan.

General Questions

- My Primary Care Provider is (name, office). How will you communicate with him/her?
- How do I reach you in an emergency? Who covers for you when you are unavailable?
- How long can you be my cardiologist?
- I need to report this symptom to you....
- How much can I exercise? Can I do a specific exercise or sport?
- Can I get pregnant? If not, what contraception should I use?
- Can I drink alcohol? Can I smoke? What about other drugs?
- Do I need antibiotics before dental or other procedures? Will you call in a standing order?

Heart-Specific Questions

- Does my valve leak?
- How is the function of my ventricle? Is it changing?
- Can I have a copy of my EKG? Has it changed? What issues do I have with my heart rhythm?
- Do you think I will need a transplant? If so, when?

Other Organ Questions

- How/when will you test for liver issues?
- How/when will you test for kidney issues?
- Are you checking for PLE? How?
- Are there concerns about neurocognitive development? How will that be tested and what tools are available if intervention is needed?