

## A to-do list for your visit to the Liver Health Clinic

1. **Patient Registration and Health Card:** Please enter at the Main Entrance (Wing A) and register at Patient Registration with your health card prior to any testing and appointment.
2. **Medications:** Bring your medications, including over-the-counter-medications and supplements, to each appointment. Keeping an up-to-date list of your medications can be helpful.
3. **Ultrasound:** If you are told to have an ultrasound, it will be done in the clinic before you see the doctor.

*Preparing for your ultrasound:* Please do not eat or drink 4-6 hours before the ultrasound. You may take small sips of water to take any medications. If you are diabetic, you may have a light snack (ex. Dry toast or juice).

4. **Bloodwork:** If you were instructed to have bloodwork done, please proceed to the Laboratory Patient Services (Wing A, Level 1) before coming to the Liver Health Clinic appointment.

### Friendly Reminders

- There is a 60- to 90-minute waiting period between getting your bloodwork and/or ultrasound and seeing your doctor. This time is needed to ensure the results are processed and reviewed. Please plan accordingly. Bring in food or snacks and something to do while you wait.
- We try our best to keep the clinic on-time and thank you for your patience. Sometimes, factors out of our control may delay your visit. If this happens, it will not affect your time spent with the Liver Health Clinic team.
- Please bring any personal assistive devices that you require for your appointment. For example, any communication or mobility device you may need like a walker, hearing aid, etc.
- Kindly note that CMH has a no scent policy. Refrain from using or wearing perfumes, scented deodorants and scented products before coming to hospital.

Should you need to reschedule your appointment, please contact the Liver Health Clinic at 519-621-2333, ext. 3505.