

Medical Tests and Specialists

1. Family doctor

- make an appointment to see your family doctor. to find one:
 - call **811**
 - Search by location at [Find A Doctor \(albertafindadoctor.ca\)](http://albertafindadoctor.ca)
 - Search college of physicians and surgeons of Alberta website www.cpsa.ca by language

2. Medical tests – requisition forms

- DynaLIFE (blood, urine, stool, ECG, Urea Breath)
- MRI, CT and X-ray tests, Ultrasound, Bone density test, mammogram
- Colonoscopy, gastroscopy
- Follow instructions
- Book appointments when needed
- Know what tests you are doing
- May have more than 1 test, and each test will have a different requisition form

3. Some tests require you to:

- Attend an info session first
- Drink/inject specific medium
- Wear a special jacket or a hospital gown
- Move in specific motion
- Have many preparations works
- Be sedated
- Bring a responsible adult to take you home

4. Lab test booking

- DynaLIFE [QMe \(dynalife.ca\)](http://QMe.dynalife.ca) lab test booking online
- Tolerance tests (Glucose (GTPP or GTTNP), Lactose, Xylose, Drug Screens and Glucagon may be booked by calling.
- Cancel if you cannot make it

5. Lab tests instructions

- Lab tests might have special instructions:
 - To fast 8 hours but no longer than 16 hours
 - To stay for 2-3 hours
 - Samples to be collected before certain time
- Ask for details when booking over the phone
- Urine tests do not need an appointment

6. Lab tests show up

- Arrive 10 minutes early, sit and wait for your name to be called.
- Show your Health care card and a picture ID
- Let the clerk know what time you last ate (fasting tests)
- If you are late, you may have to wait in line
- May take few days for results to be back to your doctor

7. Specialist – Before the visit / during the visit

- Confirm your appointment 2 weeks before
- Ask about policy of canceling / changing appointment
- Make a list of medications you are taking
- Contact appropriate places to arrange pick up of your record if you need to
- Make a list of specialists you have seen
- fill out medical history and consent forms
- show medication list and medical records
- ask questions about your condition

8. Tell doctor your health concerns

- Tell doctor your health conditions
- Take notes of instructions
- Ask doctor when in doubt
- Discuss treatment options and risks

9. Know your medication

- keep a list of medications
- know when, what it is, how much, what to do when missing a dose, what to do when overdosed, side effects and how to store
- antibiotics do not kill viruses; always finish all your antibiotics.

10. Take drugs wisely

- Antibiotics do not kill viruses
- Always follow doctor's instructions
- Never take another person's antibiotics/medication
- Finish all your antibiotics to kill the bacteria completely

11. Resources

- Health Care Interpreters (Over-The-Phone) -- Alberta Health Services
- Mental Health - Free telephone mental health information and service referrals with interpretation. Calgary: 403-943-1500
- Call 811 if you have any health questions