

## Medical Tests and Specialists

### 1. Family doctor

- make an appointment to see your family doctor. to find one:
- call **811**
- register [www.albertafindadoctor.ca](http://www.albertafindadoctor.ca)
- search college of physicians and surgeons of Alberta website [www.cpsa.ca](http://www.cpsa.ca)

### 2. Medical tests – requisition forms

- make an appointment
- follow instructions to prepare for the test

### 3. AB Precision Lab

- call 403-700-5136 to M-F 7:30am – 5:30pm
- online booking [pabs.calgarylabservices.com/pabs](http://pabs.calgarylabservices.com/pabs)
- booked by phone only for Tolerance tests (Glucose (GTTP or GTTNP), Lactose, Xylose, Drug Screens and Glucagon tests)
- cancel if you cannot make it
- please follow instructions
- bring health care card and a picture ID
- arrive 10 minutes early

### 4. Specialists – Prepare yourself

- need family doctor's referral
- confirm your appointment
- cancel if you cannot make it

- make the list of: medications, medical history, specialists seen, and questions before the appointment.

## **5. 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.

## **6. Health Care Interpreters (Over-The-Phone) -- Alberta Health Services**

- assist patients and families in AHS' hospitals, community health centres or when receiving home care in Calgary. The service is free to patients and families. You will need to ask AHS staff to arrange this service for you.

## **7. Mental / Emotional Health -- Access Mental Health**

Free telephone mental health information and service referrals with interpretation.

- Calgary: 403-943-1500
- Email: [mental.health@albertahealthservices.ca](mailto:mental.health@albertahealthservices.ca)
- Hours: Monday to Friday, 8:00am – 5:00pm

## **8. Call 811 if you have any health questions**

- free, 24/7
- press 1 for information
- press 2 for a nurse
- say “I speak (your language e.g. French)” to get an interpreter.