

**It is important that you
do not miss your appointment!**

If you are unable to make your scheduled
appointment, please call
Monday to Friday between 8:00 am and 4:00 pm
at **905-378-4647 x 45730**



GIMRAC stands for General Internal Medicine Rapid Assessment Clinic.

You have been referred to the GIMRAC clinic to allow for a more specialized consult and an in-depth assessment of your symptoms

If before your appointment you think you are getting worse, please return to the Emergency Department for reassessment. Make sure you have discussed this and any other questions you have with the ER doctor or Nurse before you leave the ED.

Appointment date: _____

Appointment time: _____

Directions

The GIMRAC Clinic is located on the 4th floor of the Walker Building at the St. Catharines Site of Niagara Health at 1200 Fourth Avenue.

When you arrive for your appointment, please enter the main building of the hospital and turn left. Please take the elevators situated on the right **before** the entrance to the cancer centre. Proceed to the fourth floor where you will be registered and seen at the clinic.

In all cases, please **bring your health card**, and **all of your medications**. Wear comfortable clothing.

Family Doctor

Your family doctor is the best way to access medical care and acts as the central person in our overall healthcare.

If you do not have a family doctor, we strongly advise you to get one. You can find help at www.niagaradocs.ca or by calling Healthcare Connect Ontario at 1-800-445-1822.

The city of St. Catharines provides similar information on their website www.stcatharines.ca or by calling 905-359-6043.

What to expect

Your visit may take up to three hours.

The internal medicine specialist will evaluate your symptoms and create an individualized care plan if required.

You may require IV fluids, medication, or other forms of urgent care.

The internal medicine specialist may schedule additional tests and consultations.

Members of your healthcare team may include:

General Internist (MD)
Medical Residents and Students
Nurse Practitioner
Social Worker
Pharmacist

What is your role

Please arrive 15 minutes prior to your appointment to allow for registration with the clinic.

Please bring with you the following items:

- * Ontario Health Card or other coverage.
- * ALL of your medications
- * Any other personal care items you require or normally use during the day.