

INFORMATION FOR YOUR RESTING ECHOCARDIOGRAM

WHAT IS A RESTING ECHOCARDIOGRAM?

A resting echocardiogram is an ultrasound of the heart. The technician will take a small probe and place it on your chest to take images of your heart. This microphone-like device, called a transducer, sends out ultrasound waves that bounce off the heart to produce images of the heart. You will be lying on your left side (if possible) for approximately 45 minutes. This is a safe and painless test that will help your doctor identify a variety of heart problems. The echocardiogram will evaluate your heart valves and the function of your heart, as well as the heart muscle, by determining the size and pumping strength of the heart; detect the presence of fluid, blood clots or masses in or around the heart; and detect holes between the chambers of the heart.

PREPARING FOR YOUR RESTING ECHOCARDIOGRAM

- There is no special preparation needed for this test.
- You can take all your medication as usual.
- You are allowed to eat or drink prior to this test.
- Wear a two-piece outfit.

WHAT HAPPENS DURING THE RESTING ECHOCARDIOGRAM?

- Before the procedure, you will be given an explanation of the test.
- You will be asked to undress from the waist up. A gown will be provided for women.
- Electrodes will be placed on your chest and connected by wires to the EKG machine to monitor your heartbeat.
- While you lie on the exam table, an echo technician moves the transducer over your chest to obtain images of your heart.

WHEN WILL I KNOW THE RESULTS OF MY RESTING ECHOCARDIOGRAM?

- The final interpretation of the test results will be completed by a cardiologist.
- The physician ordering your test and family doctor will receive a report of the test.