

RISKS

A simple Transesophageal Echocardiogram has few risks. Problems with reactions to the sedation rarely occur. Redness and soreness at the IV site may occur (phlebitis) – tender lump develops which lasts several weeks but eventually goes away. Warm, wet cloths may help reduce the tenderness. If it persists or gets worse, contact your doctor.

YOUR TEST WILL BE DONE ON:

YOUR TEST WILL BE DONE AT:

Royal Jubilee Hospital
1952 Bay St.

REPORT TO THE ADMITTING
DESK AT:

INSTRUCTIONS TO GET TO ROYAL JUBILEE HOSPITAL FROM ISLAND HIGHWAY

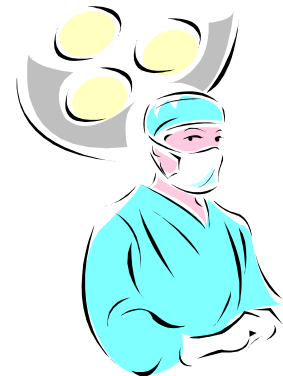
1. Island Highway becomes Douglas St.
2. Continue down Douglas St. to Hillside.
3. Turn **left** on Hillside Ave.
4. Continue on Hillside to Shelbourne Ave.
5. Turn **right** on Shelbourne Ave.
6. Continue down Shelbourne to Bay St.
7. Turn **left** at Bay St. The hospital is directly ahead; follow the signs for parking directions.

Western Cardiology Associates

PATIENT INFORMATION SHEET

NAME: _____

TRANSESOPHAGEAL ECHOCARDIOGRAM (TEE)



WHAT IS A TEE?

A Transesophageal Echocardiogram is a method of examining the heart by use of an ultrasound probe placed in your esophagus. This probe is passed through your mouth into your esophagus. You can still breathe easily during this procedure. Pictures of your heart can be taken, without discomfort, through the scope. These pictures are very high quality because the lungs and ribs are not causing any interference. It takes about one week for your doctor to get the report from the test.

PREPARATION FOR THE TEST

Your stomach **must be empty**. You will be asked to have **nothing to eat or drink after midnight before the exam**. (Please call your cardiologist's office if you are a diabetic).

ADMISSION

♥ Report to the Royal Jubilee Hospital Admitting desk to process the necessary papers. You will be required to sign a consent form before any procedure, giving your permission to have the procedure done. You should understand what is going to be done before signing it.

- ♥ You will be taken to the Medical Day Care Unit.
- ♥ The admitting nurse will ask you several questions about allergies, medications, health problems, your weight etc.
- ♥ You will need to undress and put a hospital gown on.
- ♥ The nurse will start an intravenous (IV). This will be used later to give you medication to make you sleepy and relaxed (sedation) in the procedure room. There may be a short waiting period before your test is done. Your nurse will answer any questions you have at this time.
- ♥ The procedure will be done in the Echocardiography Lab.

THE PROCEDURE

- ♥ You will be taken to the Echocardiography Lab.
- ♥ The doctor will give you the sedation at this time and will spray your throat with freezing to numb your gag reflex.
- ♥ The scope is then inserted into your mouth and passed down your esophagus. This does not interfere with your breathing. You may feel

some abdominal cramping and pressure.

- ♥ The exam takes about 15 minutes, but you may require additional pictures from outside the body. This could take up to another 30 minutes.

AFTER THE PROCEDURE

- ♥ You will remain in the medical Day Care Unit for about 1 hour, until the effects of the sedation wear off. The nurse will check your pulse and blood pressure often.
- ♥ You must be taken home; **YOU CANNOT DRIVE FOR 24 HOURS** as sedation results in impaired reflexes and judgment. **Going home alone by taxi is not acceptable**. It is advisable to have someone stay with you until the next day.
- ♥ You cannot eat or drink for 2 hours from the time your throat was sprayed. Slowly start back on fluids, then solid food. Try drinking some water. If you can swallow comfortably. You can progress with solids.
- ♥ Sedation might make you forgetful. It is common for you not to remember the procedure or talking to the doctor.