

# Transesophageal Echocardiogram

Below is information to prepare you for your transesophageal echocardiogram. Talk to your doctor if you have questions or concerns.

## What is a transesophageal echocardiogram?

A transesophageal echocardiogram is also called a TEE. It allows the doctor to get a closer look at the heart and any possible abnormalities (something not regular).

## How is the test done?

1. A trained anesthesiologist will put you to sleep (sedation). You will be asleep for the entire procedure.
2. Once asleep, a cardiologist will put an ultrasound probe through your mouth to your esophagus.
3. Once in place, the probe will take pictures of your heart.
4. After pictures are taken, the probe is removed. Sedation is stopped and you will slowly wake up.
5. You will be at the hospital for about 3 to 4 hours the day of your procedure.

## How do I get ready for the test?

Do	Do Not
<ul style="list-style-type: none"> <li>✓ Arrive 1 hour before your appointment time.</li> <li>✓ Bring someone to drive you home the day of the procedure. <b>If you do not have a driver, you will need to reschedule.</b></li> <li>✓ If you use a CPAP/BiPAP to sleep, bring it with you to the procedure.</li> <li>✓ If you wear glasses, bring a case for them.</li> <li>✓ Take all of your medicines as you normally do unless you are told otherwise.</li> </ul>	<ul style="list-style-type: none"> <li>✗ Do not eat or drink anything 8 hours before the procedure, except for sips of water to take any medicine.</li> <li>✗ Do not put lotion or oil on your chest or stomach.</li> <li>✗ Do not have any alcohol 24 hours before the procedure.</li> <li>✗ Do not bring any jewelry or valuables.</li> </ul>

### If you have diabetes:

You will get specific instructions from the nurse that calls you before your procedure. Check with the doctor that prescribes your diabetes medicine to make sure it is okay to change how you take it for this test.

## What if I need to cancel or reschedule?

- Try to cancel at least 48 hours before your appointment, if possible.
- If you are more than 15 minutes late you will have to reschedule.
- If you do not have a driver to and from the hospital on the day of the procedure, you will have to reschedule.

