

# ECHOCARDIOGRAM

Your doctor has requested that you have an ECHOCARDIOGRAM on \_\_\_\_\_ at Mitchell County Regional Health Center. Please come to the front entrance of the hospital and report to Hospital Registration 15 minutes before your appointment.

## What is an Echocardiogram?

This is an imaging test that helps your doctor evaluate your heart. Ultrasound waves are used to provide an image of your heart to help determine the size, shape, and motion of the heart muscle, structure, and function of the valves in your heart.

## Before your test

1. There is no prep and you do not need to restrict food or fluids before this test.
2. If you are an inpatient in the hospital, the test will be performed in your room or in one of the patient rooms.
3. If you are an outpatient, please report to hospital registration at the front of the hospital to register. A technician will come and get you from there. Be sure to bring insurance cards with you.
4. Please arrive 15 minutes prior to your test.
5. You may want to wear a two-piece outfit for the test. You may be asked to remove clothing and jewelry from the waist up. If so, you will be given a short hospital gown.
6. Your test will take approximately one hour.

## During your test

1. You will lay down on an examination table with upper clothing removed.
2. An electrocardiogram (EKG) may be done at the same time. If so, you may have electrode patches placed on your chest.
3. A transducer (a device that looks like a microphone) is coated with a gel and moved firmly across your chest. This device creates the sound waves that make images of your heart.
4. The room may be darkened slightly to allow better visualization on the screen.
5. It is important you lie quietly so that the transducer can be positioned and angled to observe different parts of the heart. Movement may distort results.
6. At times you may be asked to exhale and hold your breath for a few seconds. Air in your lungs can affect the images.
7. They may also do a Doppler study, which measures the direction and speed of blood flowing through the heart. During the test, you may hear a whooshing sound. This is the sound of blood flowing through the heart.
8. The images of your heart are stored on a computer so a physician can view them later.

## After your test

Your test results will be sent to your doctor. The test results help the doctor plan your treatment and any other tests that are needed. If you have not received the results of your echocardiogram in 7 days, please call your provider.

If you have any questions in regard to your appointment or **need to cancel**, please call the Specialty Clinic at 641-732-6090 and we would be glad to help you.

09-2008 T: Specialty Clinic: Holter-pulse ox teaching sheet

If you have any questions or would like more information contact us at:



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