



CARDIOLOGY DIAGNOSTICS

DISCHARGE INSTRUCTION FOLLOWING TRANSESOPHAGEAL ECHOCARDIOGRAM (TEE)

For 2 hours following your procedure you will not be able to eat or drink. You will have your reflexes checked and some clear fluid in the recovery area prior to your discharge.

FOR 24 HOURS FOLLOWING YOUR PROCEDURE YOU MUST NOT:

- Drive a motorized vehicle
- Operate machinery
- Drink alcohol
- Make major or legal decisions
- Lift heavy objects or do heavy chores

ONCE YOU ARE HOME:

- Rest quietly for the day, resume normal activities tomorrow
- A sore throat is normal for the next 24 hours
- Take your medications as instructed by your physician

IF YOU EXPERIENCE ANY OF THE FOLLOWING, CONTACT YOUR PHYSICIAN OR IF IT IS AFTER HOURS, GO TO THE EMERGENCY DEPARTMENT AND INFORM THEM YOU HAVE HAD A TEE:

- Coughing up blood
- Vomiting blood or vomit that looks like coffee grounds
- Pain in your chest
- Difficulty breathing
- Difficulty swallowing

TRANSESOPHAGEAL POST PROCEDURE INSTRUCTIONS

PATIENT NAME: _____ DATE: _____

1. After the procedure your throat may be sore for a few hours. If you experience trouble swallowing, stiff neck, abdominal pain, chest pain, vomiting of blood, or black or bloody stools, contact your physician immediately.
2. After your procedure, usually 2 hours after the exam, you may start with small sips of water. If you can swallow the water easily, you can eat and drink normally.
3. You will not be allowed to drive until the next day. Please bring a responsible adult with you who can take you home. If you plan to return home by taxi, you must have a responsible adult accompany you, in addition to the taxi driver.
4. After the procedure, do not operate potentially dangerous machinery, or make critical decisions until the next day.
5. Do not drink alcohol for 24 hours after the procedure.
6. Rest at home with activity as tolerated.
7. Take medications that are prescribed by your physician as directed.