



Niagara Health is pleased to provide you with general information about your upcoming exam.

## WHAT IS A TRANSESOPHAGEAL ECHOCARDIOGRAM?

Transesophageal Echocardiogram (TEE) is a test that allows your doctor to record images of your heart from inside your esophagus, or food pipe. These images will help your doctor identify and treat problems with your heart. This technique offers an alternative method of obtaining images of the heart rather than through the chest wall.

## GETTING READY:

- You will be reminded of your appointment by phone one or two days before your scheduled test
- You will need to be fasting 6 hours before the test, this includes nothing to eat or drink
- During the test you will receive sedation and you will need someone to drive you home afterwards.
- You will not be able to drive a motorized vehicle for 24 hours following the test.

## DURING THE TEE PROCEDURES:

- When you arrive for your test, you will change into a gown and then be taken to the procedure room.
- Before the test you will be asked to gargle with an anesthetic solution which will begin to freeze your throat. Then your throat is sprayed with an anesthetic to freeze it further.
- You will have an intravenous started in your arm. You may be given a mild sedative through the intravenous to help you relax. Then you will be asked to lie on your left side.
- The doctor will gently insert the TEE probe into your mouth. You will be asked to swallow the probe as it is slowly guided into your esophagus. The probe is lubricated to help it slide easily.
- You may feel the doctor moving the probe, but it should not hurt or interfere with your breathing. Your heart rate, blood pressure and breathing will be monitored throughout the test.

- The TEE probe, which has a camera in it, will be in the esophagus for approximately 15 to 20 minutes.
- After the procedure is over, recovery will take 1 to 2 hours depending on the effect of the sedation.
- The total length of time in the Hospital is approximately 2 to 3 hours before being discharged home.

## AFTER THE PROCEDURE:

- You will be transferred to a recovery area to be monitored. The length of recovery depends on the sedation type, dosage and effect.
- You may have some difficulty swallowing right after the test. This will go away in a few hours
- You can eat and drink again when your throat is no longer numb. This will be approximately 2 hours after the procedure.
- It is common to have a sore throat for a day or two after the test.
- Do not drink alcohol for the next 24 hours.
- Someone must accompany and drive you home, and stay with you the first night after the procedure.
- You will be given a Discharge Instruction Sheet to take home with you with further instructions.

If patients have any concerns or questions after the test, contact your Physician or go to the nearest emergency department for examination.