

# Transesophageal ECHO (TEE)

## What is a Transesophageal Echo?

A Transesophageal Echo (TEE) is a specialized ultrasound or sound wave that records 2-dimensional images of the heart muscle and heart valves. A Cardiologist performs this test by passing a probe of flexible tube with a specialized imaging device near the tip, down the throat into the esophagus (the food pipe). Ultrasound images of the heart are then obtained.

## How do I prepare for a Transesophageal Echo?

- Please take a shower or bathe the morning of your test.
- Wear loose fitting comfortable clothing.
- Take your usual medications with a sip of water, unless otherwise instructed by your physician. Please bring a list of all of your medications with dosages and a list of your allergies with you.
- Do not eat or drink for **six hours before** your scheduled test. You may have sips of water only.
- If you have diabetes **do not eat any food for eight hours before and do not take diabetic medications** before your scheduled test.
- You will not be able to drive after this procedure. **Someone must** be available to **drive you home. If you do not have a driver, the test will need to be rescheduled.**

## What can I expect during a Transesophageal Echo?

- When you arrive, you will receive an explanation of the procedure and you will be asked to read and sign a consent form.

- An intravenous line (IV) will be inserted into your arm. Medications will help you relax and will be given through this line.
- Your blood pressure, pulse and oxygen levels will be monitored throughout the procedure.
- You will gargle and swallow a thick suspension of lidocaine to numb your throat.
- The cardiologist may spray your throat with a local anesthetic to numb the area.
- The cardiologist will insert the probe into your throat and into the esophagus so images can be obtained of your heart muscle and valves.
- The probe will not interfere with your breathing.
- Because your throat was numbed prior to the procedure, you will be given a snack before you leave to ensure you are swallowing properly.

### Procedure Time

The test will take approximately 2.5-3 hours.

### Risks of this Test

The risks of this procedure include possible breathing problems, irregular heart rhythms, and adverse reaction to medication, bleeding and a sore throat. These risks will be discussed with you before you sign the consent form. If you have questions or concerns regarding this test, please speak with your Cardiologist.

### Test Results

You may receive preliminary results at the time of the test. The results of this test will be reviewed by a cardiologist. A final report will be given to your doctor, who will inform you of the findings.

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