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TRANSOESOPHAGEAL ECHOCARDIOGRAM

Ultrasound of the heart

What is a Transoesophageal Echocardiogram?

Sometimes adequate pictures of the heart cannot be obtained with a standard echocardiogram. A transoesophageal echocardiogram (TOE) is another means of obtaining detailed ultrasound pictures of the heart by looking at the heart from inside the oesophagus (food pipe)

What preparation is required?

The procedure is straightforward but please do not have anything to eat for six hours before your procedure. You may drink water for up to 2 hours before the procedure.

How is the procedure performed and who performs it?

The procedure is performed by a cardiologist. You will be asked to lie flat on an examination couch. You will be given some medication through a drip in a vein in your arm that will make you feel sleepy and relaxed. A liquid local anaesthetic will be sprayed into the back of your mouth. You will then be asked to swallow a flexible tube, which is positioned into the oesophagus (food pipe).

The procedure will take approximately 15 minutes and you will be monitored for a further 1-2 hours after the procedure before being discharged. You will require someone to drive you home. As you will have received a sedative which impairs reflexes and judgement, it is important that for **12 hours afterwards** you:

- Do not drive or operate heavy machinery
- Do not sign legally binding documents
- Do not drink alcohol

How do I get my results?

A report will be sent to your cardiologist and/or GP within 5-7 days of having the procedure.

Where do I go to have this procedure?

Mercy Hospital, Gate 1, 98 Mountain Road, Epsom. Admission Entrance.

- Endoscopy Unit
- Coronary Care Unit

For further information refer www.heartgroup.co.nz or phone 09 623 6377