

## **TRANSESOPHAGEAL ECHOCARDIOGRAM (T.E.E.)**

### **What is a Transesophageal Echocardiogram (T.E.E.)?**

A Transesophageal Echocardiogram, also known as a T.E.E., is an ultrasound of your heart done by passing a small tube through your mouth into your esophagus. The small tube has an ultrasound transducer at the tip of it and will be able to obtain images to show your doctor how well your heart is pumping and how well your heart valves are working.

### **Why do I need to have this procedure done?**

- Your doctor has recommended this procedure to obtain more information about your heart muscle and valve function, and to evaluate the structures of the heart that are not easily seen by a transthoracic echocardiogram (ultrasound of the heart done on the outside of the chest wall).

### **How should I prepare for the procedure?**

- You will not be allowed to eat or drink anything for 6 hours before the procedure.
- Your doctor will advise you about taking your medications the day of the procedure.
- You will check in at the hospital for the procedure.
- Your family must accompany you to the hospital the day of the procedure but will be asked to wait in the waiting room during the procedure.

### **What can I expect before and during the procedure?**

- At the hospital, you will sign a consent form and an IV will be started in your arm.
- A heart monitor will be applied to your chest and your blood pressure and heart rate will be monitored.
- A small monitor may be attached to your finger to monitor your oxygen level.
- You will be asked to gargle a solution of liquid that will numb the back of your throat. A special “numbing” spray may be used, if needed. Numbing the back of your throat will make passing the tube into your esophagus more comfortable.
- You will be given medication through your IV to help you relax. You may become drowsy but will be able to follow instructions during the test.
- Because of the medication given through the IV, you may not remember much about the procedure.
- The doctor will ask you to swallow to help the tube pass more easily.
- Once the tube is in your esophagus, a variety of images will be taken of your heart.
- The procedure takes about 5-10 minutes once the tube is in place in your esophagus.
- Nursing and medical staff will remain with you and will be monitoring you closely before, during, and after the procedure.

**Is there anything specific to do after the test?**

- You will begin to wake up slowly after the procedure
- You will not be allowed to eat or drink for 2 hours after the test because your throat will still be numb.
- Once you are able to eat and drink, you will start with cool liquids and foods and proceed to warmer food and fluids as tolerated.
- Your blood pressure, heart rate, and oxygen saturation will be monitored until you are discharged home.
- It is likely that you will go home after a few hours.
- A friend or family member will need to accompany you to the test and will need to drive you home after the test. This is because you will receive medications that make you drowsy during the test.
- Follow up in the clinic to fully review the results with your doctor.

Please do not hesitate to contact our office if you have any questions or concerns.

Thank you!