

## ECHOCARDIOGRAM

### **What is an Echocardiogram?**

An echocardiogram measures the size and movement of the heart. Sound waves are used to get a picture of what is happening in your heart. The technician holds a small transducer and lays this onto your chest. When the sound waves leave the transducer and go into your body, it sends back images of your heart.



### **Why do I need to have this test?**

Echocardiograms will give your doctor information about the size and thickness of your heart. It will also provide information about how effectively the heart is pumping blood and how well the heart valves are working.

### **How is the test done?**

You will lie on your back and side on a bed in a slightly darkened room. Gel is placed on your skin. The technician will use a small, hand held transducer and will move this around to obtain a variety of views of your heart. You may be asked to breathe or hold your breath at certain times to help the technician obtain the best views of the heart. You will need to lie still and quiet during the exam. The exam should take about 15-30 minutes.

### **What do I need to do to prepare for the test?**

There is no special preparation is required.

**Is there anything specific that I need to do after the test?**

No, there are no special instructions or limitations after the exam. You may return to your usual activity level and diet, unless the doctor has instructed you otherwise.

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

Thank you!