

# Echocardiogram Instructions

Below is information to prepare you for your echocardiogram. Talk to your doctor if you have questions or concerns.

## What is an echocardiogram?

An echocardiogram is an ultrasound of the heart that shows how your blood flows through the heart and heart valves.

## How is the test done?

- You will have a 3-lead heart monitor put on your chest and a sonographer (health care professional that specializes in medical imaging) will use an ultrasound probe to take pictures of the heart.
- Expect to be at the hospital for about 1 hour the day of your test.

## How do I get ready for the test?

Do	Do Not
<ul style="list-style-type: none"><li>✓ Arrive 15 minutes before your appointment time.</li><li>✓ Take all your medicines as you normally do.</li><li>✓ You can eat and drink normally.</li></ul>	<ul style="list-style-type: none"><li>✗ Do not use lotion or oil on your chest or stomach.</li></ul>

## Is there any medicine used during this test?

- It is possible that you will need an imaging agent medicine called Definity® to see the walls of your heart better with the ultrasound.
- If it is needed, you will get an IV to start medicines.
- There are rarely side effects to this medicine. The team will talk to you about any possible side effects at the time of your test.

## What if I need to cancel or reschedule?

- Try to cancel at least 24 hours before your appointment if possible.
- If you are more than 15 minutes late you will have to reschedule