



# The Rowan Suite

World Class Private Heart & Chest Care

## Trans-Oesophageal Echocardiogram (TOE)

A test to examine the heart using ultrasound waves



Information for Patients & Families

This leaflet has been written to provide information about a test that allows a doctor to examine your heart using ultrasound waves (Trans-Oesophageal Echocardiogram). We hope it answers some of the questions or concerns you may have about the test. It is not intended to replace talking with medical, nursing or technical staff.

### ***What is a Trans-Oesophageal Echocardiogram?***

A Trans-Oesophageal Echocardiogram (TOE) is a test that allows a doctor to examine the structure of your heart and the heart valves using ultra sound waves.

### ***How is it done?***

The test is usually done under sedation, which may make you feel quite drowsy. The back of your throat is sprayed with a local anaesthetic to numb the area. A mouth guard is placed in your mouth and a small probe is passed down your throat. Once in position the probe lies directly behind the heart. Detailed pictures are taken of your heart using ultra sound waves. The test is useful when a more defined image of the heart valves is needed.

### ***Will I have any pain during the test?***

You may feel slightly uncomfortable when you swallow the probe but it should not feel painful. It is likely that you will be given sedation which will help you relax and may make you feel quite drowsy. Some people fall asleep during the test.

### ***How long does the test take?***

The test and preparation will take approximately 30 minutes.

### ***How do I prepare for the test?***

Please **do not eat or drink for 5 hours** before the procedure. If you take medication for diabetes please do not take your morning medication alternatively consult your own doctor (GP) who will advise you regarding this.

**Please do not drive to the hospital as driving following sedation is not advisable.**

### ***What are the benefits of having the test?***

The test allows your doctor to take clear, detailed pictures of your heart. The structure and function of your heart can then be closely examined.

***Are there any risks involved?***

There are a few small risks involved with the test. All risks will be discussed with you in detail before you proceed with the test. You will be required to sign a consent form to confirm that you are happy to proceed with the test.

***What alternatives do I have?***

Your doctor would be happy to discuss any alternative tests if they are applicable to you.

***What can I expect after the test?***

Following the test you may feel quite drowsy. You will be taken back to the ward where you will need to rest for about two hours. You will be informed when you are able to eat and drink.

***When can I resume normal activities?***

You will be able to go home a few hours after the test. You should not drive until the following day. You may resume normal activities 24 hours after the test.

**For further information visit:**

- [www.lhch.nhs.uk](http://www.lhch.nhs.uk)
- [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)
- [www.bhf.org.uk](http://www.bhf.org.uk)
- [www.dipex.org](http://www.dipex.org)

**Or contact:**

The British Heart Foundation heart helpline on 0845 070 870

**If you require a copy of this leaflet in any other format or language please contact us quoting the leaflet code and the language or format you require.**

<p>إذا لديك الرغبة في الحصول على نسخة من هذه المعلومات بأي لغة أخرى أو بشكل آخر ( على سبيل المثال بخطوط كبيرة) ، الرجاء الاتصال علينا على الرقم 0151 600 1257 موضحاً الشكل أو اللغة التي ترغب فيها.</p>
<p>如果您想索取一份以其他語文或形式（如大字體）編印成的資料傳單，請致電 0151 600 1257 向我們查詢，並說明您所需要的形式和語文。</p>
<p>ئەگەر ئەم زانیاریانەت بەھەر زامانیکی تر یاخود شیۆلزیکی تر دەویت (بۆ نموونە بە چاپی گەورە) ئەوا تکایە بە ژمارە تەلەفونی 0151 600 1257 پەیوەندیمان پێوە بکە و ناماژە بدە بەر زمانەیی یاخود شیۆهییە کە دەتەویت</p>
<p>W celu uzyskania niniejszej informacji w innym języku lub formacie (np. dużym drukiem), prosimy o kontakt z nami pod numerem 0151 600 1257 podając wymagany format lub język.</p>
<p>Haddii aad u baahan tahay koobiga wargelintan oo luqad ama qaab kale (sida far waaweyn) fadlan nagala soo xiriir 0151 600 1257 adiga oo noo sheegaya luqadda ama qaabka aad wax ku rabtid.</p>