

# TRANSESOPHAGEAL ECHOCARDIOGRAM (TEE)

## WHAT IS A TRANSESOPHAGEAL ECHOCARDIOGRAM (TEE)?

A TEE is a type of echocardiogram. This noninvasive test provides images of the chambers of the heart as well as its valves. Looking at these images, the physician can determine if a blood clot is present within the heart. A TEE may be ordered when a “regular” echocardiogram does not provide definitive information or if the physician needs to take a close-up look.

## WHAT HAPPENS DURING THE TEE?

After appropriate sedation is achieved, a slender, flexible tube known as an endoscope will be placed into your mouth and then moved into the esophagus. At this location, the endoscope can provide the physician with a closer view of the heart.

## WHEN DOES THE PHYSICIAN ORDER A TEE?

A TEE is deemed necessary if the physician needs to:

- Examine the functioning of the chambers and valves of the heart
- Check for the presence of a blood clot in the heart
- Post-op - to assess the effectiveness of valve surgery
- Visualize the left atrium

## HOW TO PREPARE FOR TEE

Please let your doctor know if you have any disorders of the esophagus that may prevent passage of the endoscope into it. Such conditions include difficulty swallowing, cancer of the esophagus or nearby areas, or a hiatal hernia.

### Food and beverage on the day of the TEE

DO NOT EAT OR DRINK ANYTHING for at least six hours prior to the TEE. For those who must take medication on the day of the TEE, only take your medications with small sips of water.

### Medications on the day of the TEE

Patients may take all medications as usual.

### Patients with diabetes

Please check with your physician for directions regarding diabetes medications.

### Clothing

You may wear any type of clothing to the hospital as you will wear a hospital gown during the TEE. Please leave all valuables at home.

### A Companion at the Hospital

Please have a responsible adult drive you to and from the hospital. Driving is



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prohibited until the day following the procedure. During the test, you will be sedated, which will cause drowsiness and will render you incapable of driving safely or operating machinery.

### Questions You May Have

Prior to the TEE, the physician, a nurse, or a sonographer will explain to you the details regarding the procedure. You will learn about any possible complications that may occur, as well as side effects. These professionals will address any questions that you may have.

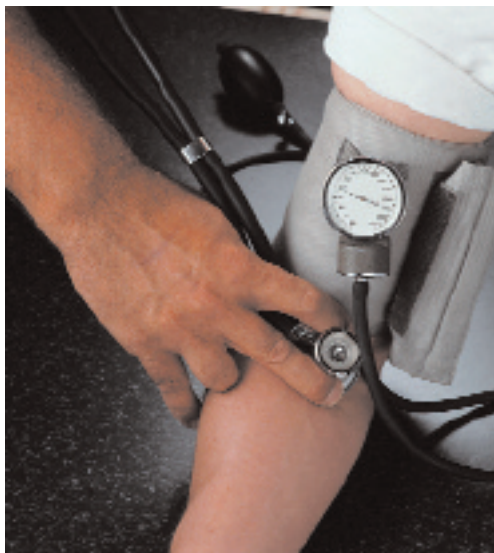
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## DURING THE TEE

After you change into a hospital gown, an IV line will be placed into a vein in your hand or arm. The IV enables medications to be provided as needed.

Several small adhesive patches will be placed onto your chest. These tape-like patches are connected to an EKG (elec-



Other monitors include a blood pressure cuff and a pulse oximeter, which is clipped to your finger and measures the amount of oxygen in your bloodstream.

trocardiograph) device that records the electrical activity of your heart. Other monitors include a blood pressure cuff and a pulse oximeter, which is clipped to your finger and measures the amount of oxygen in your bloodstream.

You will be asked to gargle a liquid, which will numb your throat, making it easier for the physician to advance the tubing into your esophagus. A spray anesthetic will also be administered to the back portion of your throat. A suction tip similar to the type used in the dentist's office will remove any secretions from your mouth.

Because of the IV medications, you will feel relaxed or drowsy. Once adequate sedation is achieved, you will be assisted to a lying position on your left side. You may experience some discomfort, lasting only a short time, as the physician inserts the endoscope. When the endoscope is in place within your esophagus, the device will record images of your heart from a number of angles. You should not feel any discomfort during this part of the test; please inform the physician and staff if you notice any discomfort. The TEE takes about 90 minutes.

## AFTER THE TEE

Your throat may feel numb following a TEE, and you may be in a drowsy state. When you have recovered from the sedative, a responsible adult may take you home. You must not drive until the next day.

You may eat and drink only when your throat no longer feels numb. Your first sips should be of a cool liquid. When you are able to tolerate a cool liquid, you may eat and drink your regular diet. Your physician will discuss the results with you following the exam or in a follow-up appointment.

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