

What is a Transesophageal Echo (TEE)?

A TEE is a test that uses sound waves and a computer to look at your beating heart. After adequate sedation, a flexible tube, about the size of your index finger, is inserted by the doctor into your mouth, then into the esophagus, and positioned behind your heart. Sound waves bounce off your heart and are recorded, allowing the doctor to have clear pictures of the heart valves, chambers, blood vessels, and heart muscle.

What can I expect during my TEE procedure?

You will change into a hospital gown, and an IV will be placed in your arm. An outpatient staff nurse will review your health history and current medications. You will be transported by cart to a procedure room. If you wear dentures, you will be asked to remove them. The back of your throat may be sprayed with a numbing medication. You will be given medication by IV for relaxation, called conscious sedation. While lying on your left side, a small bite block will be positioned to hold your mouth open. The lubricated probe is then inserted. As you swallow, the probe is guided into the esophagus. Your heart rate, blood pressure and breathing will be monitored during the procedure. The test will take approximately 10 to 30 minutes. Initial test results may be communicated to you or your family by the cardiologist on the same day. Your heart rate, blood pressure and breathing will continue to be monitored until you are fully awake. Sips of fluid, then solids are allowed per your doctors orders.

What is a Cardioversion?

Cardioversion is the use of a small, brief electric shock to restore your heart to normal rhythm. When your heartbeat

is irregular (atrial flutter or atrial fibrillation), medication may be tried first to correct the rhythm. If that is not successful, and symptoms such as tired feeling, or being “out of breath” are present, cardioversion may be suggested by your doctor. This is done in a hospital setting.

What should I expect during my Cardioversion procedure?

You will change into a hospital gown and an IV will be placed in your arm. A nurse will review your health history and current medications. You will be taken to a procedure room by cart. Small heart monitoring pads and a large pad will be placed on your chest and back to record your heartbeat. IV relaxation medications, called conscious sedation will be given. A soft plastic tube will be placed in your nose and oxygen will be administered through it. Your doctor will direct the delivery of the electric shock. The irregular rhythm usually returns to normal with a single shock. Additional shocks may be needed. However, you will not feel the electric shock because of the IV sedation.

How much time should I allow for my TEE or Cardioversion procedure?

Generally, your procedure begins two hours after your arrival time and the completion time of your procedure may vary from one-half day to all day depending upon the results of the procedure.

What happens when I go home after my TEE or Cardioversion procedure?

- You may not drive yourself home. Please arrange a ride prior to arrival.
- Any needed follow-up will be completed and your cardiologist will determine when you can be discharged.
- Plan to rest at home following your procedure. You may return to your usual routine the following day.

Your appointment is scheduled for:

- Cardioversion
- Transesophageal Echo (TEE)
- Cardioversion and TEE

Appointment _____

Location _____

Arrival time _____

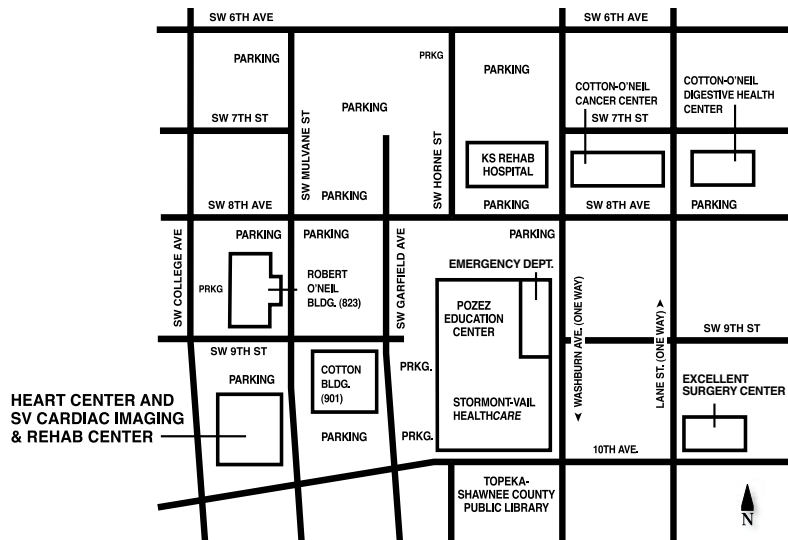
Other Instructions:

Preparing for your TEE and/or Cardioversion procedure

- Do not eat or drink anything for 8 hours before the procedure.
- Arrange to have an adult take you home after the procedure. You may be drowsy and may not drive until the following day.
- Bring a list of your current medications and arrive at the hospital as scheduled by your doctor's office.
- A nurse will review your health history and current medications.
- Do take the following medications with a sip of water the day of your test _____

- If you are diabetic: _____

Questions I want to ask:



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