

## Echocardiogram Patient information

### What is an echocardiogram?

An echocardiogram or 'echo' is a scan using ultrasound (sound waves) to produce a picture of the heart.

### How should I prepare?

No preparation is needed, please eat and drink normally and take all your medication as normal.

### Why is it being done?

An echo gives your doctor information about how well the heart pumps and whether your heart valves are working properly.

### Who will be present?

The person performing the test is called a physiologist, who may be male or female. The physiologist is not a doctor.

### What does it involve?

You will be asked to undress to the waist and lie on a couch on your left-hand side. You will be offered a gown for the procedure. If you require a specific male or female technician, then please contact the department

in advance as it is not always possible to accommodate this on the day, and if you require a chaperone, advanced notice would be preferred.

An ultrasound probe covered in a small amount of gel is placed at the centre of your chest. This provides images of your heart from different angles and these images are recorded.

During the echocardiogram you will hear sounds coming from the machine, which represent blood flow through the heart.

### How long will it take?

An echo usually takes 20-30 minutes but sometimes this may be longer. Please allow 45 minutes for this scan.

### After the examination

After the echo is complete you can get dressed and leave. There are no limitations in what you can do after the scan.

## How do I get my results?

The results will be sent to the doctor who asked for the examination, who will review your results with you at your appointment or write to you. Results are NOT routinely sent to your GP.

Please check in using kiosk if available.

## Further questions

If you need to cancel, change your appointment or have any concerns/queries about your examination please contact 01342 414141.

## Contact us

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Website: <https://www.qvh.nhs.uk/>



Please ask if you would like this leaflet in a different format.

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