

Transesophageal Echocardiogram (TEE)

You exam is scheduled for: _____ *a.m./p.m.*
Day Date Time

Please check in at: _____ *a.m./p.m.*

Park Nicollet Heart and Vascular Center—St. Louis Park

About the procedure

An echocardiogram is a picture of your heart that uses sound waves. A transesophageal echocardiogram (TEE) is an echocardiogram that is done from inside your esophagus (the tube leading from your mouth to your stomach). Because your esophagus lies just behind your heart, the TEE provides much clearer images of your heart than the standard echocardiogram.

The TEE is useful in finding and evaluating the following:

- blood clots or masses inside the heart
- the severity of valve defects
- prosthetic (artificial) heart valves
- holes between heart chambers
- infection of the heart valves
- a dissection (tear) in the lining of the aorta (body's main artery)

Before the procedure

You will be asked to fill out a short questionnaire and sign a consent form before your test. Please bring a list of your current medications.

- Do not eat or drink for six hours before your test. You may have a small sip of water to swallow your usual pills.
- You must have a ride home arranged, as you will be given medicines that make it unsafe for you to drive.
- If you have diabetes and are on insulin, ask your doctor for instructions on adjusting your insulin dose.
- The testing lab is not a safe environment for children. Please do not bring your children.

During the procedure

- You will be asked to lie on your left side.
- You will be instructed to gargle and swallow an anesthetic to numb your throat.
- Your throat may also be sprayed with an anesthetic to numb it.
- You will be given a small dose of sedative through an IV line to help you relax.
- A long, flexible tube about the width of a little finger is inserted into your mouth and down your esophagus.
- As you swallow, the tube is slowly directed into the esophagus. You may gag when the probe first enters the esophagus, and you may feel the tube moving, but the procedure is generally not painful.

After the procedure

- You must have someone drive you home. You should not drive until the next day.
- Do not eat or drink for 90 minutes, or until your throat is no longer numb.
- After the test, your throat may be slightly sore. If so, you may soothe it with cool drinks and soft foods.

Results

- The cardiologist will discuss the early results with you and your family after the test is completed.
- A final report and any changes in your treatment plan will come from the doctor who ordered your test.

Questions and scheduling

If you have any questions regarding the test, please call the doctor ordering your test. If you need to cancel or reschedule the test, please call Park Nicollet Heart and Vascular Center cardiology scheduling at 952-993-5305.

Location

Park Nicollet Heart and Vascular Center
3rd Floor
6500 Excelsior Blvd.
St. Louis Park, MN 55426
952-993-5305

Take Hwy. 100 to Excelsior Blvd.; go west about one-half mile.

Enter the Heart and Vascular Center at 6500 Excelsior Blvd. Park in the Blue Ramp.

