

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

- Please read this instruction sheet thoroughly at least 1 day before your appointment.
- **Please arrive 15 minutes before your appointment and bring your Alberta Health Care Card and Photo ID with you in order to have this test completed.**
- If your English is limited, please bring someone to translate for you.
- Children are not allowed in the lab during testing and cannot be left unattended in the waiting room.
- If you have a preference of a male or female technician, please call 403-571-8640 to make arrangements
- If you need to cancel your appointment please call 403-571-8640 at least 24 hours in advance to reschedule.

### What is an Echocardiogram?

An Echocardiogram is also known as a Cardiac Echo or an Echo. An Echo uses standard ultrasound techniques to show images of the heart. It displays the pumping action and evaluates the function of the heart valves and detects anatomical abnormalities in the heart. An Echo is performed by a Cardiac Sonographer and are analyzed by a Cardiologist trained to read this type of study.

### What will happen during the test?

- The Cardiac Sonographer will meet you in the waiting room and escort you to the examination room.
- You will be asked to put on a gown with the opening to the front.
- The Echo tech will have you lay down on the examination bed and will place sticky patches known as electrodes on your chest. The electrodes will record your heartbeat.
- A colorless gel is applied to the chest and a transducer is used to produce the images. You may experience some pressure from the probe as we try to get the best possible pictures.
- You will be asked to turn on your side to help us obtain a higher quality of pictures.
- A complete report will be forwarded to your physician within 3 business days.
- Risk: You may experience skin irritation at the electrode site or in very rare cases, scarring.

### Preparation Instructions

- This test takes 1 hour to complete.
- You may eat or drink before the test. Please continue taking your usual medications before the test.
- Do not wear body oils or powders, you may use deodorant. Perfume, cologne or heavily scented lotions should be avoided as some individuals may be sensitive or allergic to fragrance.
- A Holter Monitor or Blood Pressure Monitor cannot be worn during the test.

**Discussion of Test Results:**

Please note that only your referring and/or family physician can discuss the test results with you.

**Our Locations:**

We offer Echocardiograms at two locations, if you are unsure which location your appointment is at, please call 403-571-8640 to confirm.

Our 2 locations are:

**#110, 2891 Sunridge Way NE  
Calgary, AB T1Y 7K7**

Free parking is available next to the building.

Transit directions:

- Rundle Station is the nearest C-Train Station.
- Bus 19 to Sunridge Way NE

**#306, 803 – 1<sup>st</sup> Avenue NE  
Calgary, AB T2E 7C5**

Free parking is available behind the building.

Transit directions:

- Bridgeland/Memorial Station is the nearest C-Train Station.
- Bus 90, route Sunalta - Bridgeland

Privacy:

The personal health information that you provide our clinic is collected, used and disclosed in accordance with the provisions of the Health Information Act.

It is also used to provide diagnostic treatment and care services to you and to bill your provincial health plan for services provided. For more information please contact us at 403.571.8640.