

**Appointment Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

- Please read this instruction sheet thoroughly at least 1 day before your appointment.
- Please arrive 15 minutes prior to your appointment and bring your Alberta Health Care Card and government-issued, photo ID with you for this test to be completed.
- If you require a translator, please bring one with you to your appointment.
- Children are not allowed in the lab area and cannot be left unattended in the waiting room.
- 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, evaluates the function of the heart valves, and detects abnormalities in the heart's anatomy. An echo is performed by a cardiac sonographer and analyzed by a cardiologist trained to read this type of study.

### What will happen during the test?

- The technologist will meet you in the waiting room and bring you to the examination area.
- You will be asked to put on a gown with the opening to the front.
- The technologist 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 colourless gel will be applied to your chest and a transducer device is used to produce the images.
- You may experience some pressure from the device as we try to get the best possible images. You will be asked to turn on your side to help us obtain higher quality images.
- A complete report will be sent to your doctor within 3 business days.
- **Potential 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 take your medications as usual before the test.
- Do not wear body oils, lotions or powders; you may use deodorant. Please avoid using perfume or cologne as we are a scent-free environment.
- A Holter monitor or blood pressure monitor cannot be worn during the test.

### Discussion of Test Results:

Please note that only the doctor who referred you and/or your family doctor can discuss the test results with you.

**Our location:**

We offer echocardiograms at the two locations listed below. If you are unsure which location your appointment is at, please call 403-571-8640 to confirm.

**Sunridge Location**

#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

**Bridgeland Location**

#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.