

Appointment Date:

Time:

## Preparing for Your Test:

### On the day of your test:

- You may eat or drink as your normally would before the test.
- Please take your medications as usual before the test.
- Do not apply body lotions, creams or powders to your chest before the appointment.
- A Holter monitor or blood pressure monitor cannot be worn during the test.
- 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.
- The test time varies and can take up to 45 minutes to complete.
- If you need to cancel, please call 403-571-8640 at least 24 hours in advance to reschedule. No shows will be charged a cancellation fee.

## Appointment Locations:

Echocardiograms are offered at the two locations listed below. If you are unsure where your appointment is taking place, please call 403-571-8640 to confirm.

### Sunridge Location:

#110, 2891 Sunridge Way NE

Free parking is available next to the building.



- Rundle C-Train station
- Bus 19 to Sunridge Way NE

### Bridgeland Location:

#306, 803 – 1<sup>st</sup> Avenue NE

Free parking is available behind the building.



- Bridgeland/Memorial C-Train station
- Bus 90 | Route Sunalta – Bridgeland

## What is an echocardiogram?

An echocardiogram (or echo) uses ultrasound to create images of the heart. The sound waves show the function of your heart valves, the pumping action of your heart, and can detect any abnormalities.



A copy of your test findings will be sent to your referring and/or family doctor who can discuss the results with you.

## What will happen during the test?

- You will be asked to undress from the waist up and given a gown to wear.
- Lying on an exam bed, a sonographer will place sticky electrodes on your chest to record your heartbeat.
- A water-based ultrasound gel will be put on your chest and a transducer device will be moved across your chest to create the images.
- You will be asked to turn to your side and may feel slight pressure as the device is positioned to get the best images of your heart.