

Echocardiogram Test Instructions



Appointment Date:

Time:

What to bring to your test:

- Alberta Health Care Card and government-issued photo ID are required for this test to be completed.
- If you require a translator, please bring one with you to your appointment.

Day of your test:

- Please arrive 15 minutes before your appointment.
- Please take your medications as usual before the test.
- You may eat and drink as you normally would before the test.
- Do not apply body lotions, creams or powders to your chest.
- A Holter monitor or blood pressure monitor cannot be worn during this test.
- Arrange for childcare – for safety reasons children are not allowed in the lab area and cannot be left unattended in the waiting room.
- This test takes 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.

After your test:

- You may resume normal activities. If you had a bubble study or contrast echocardiogram, please follow the after-care instructions on the next page.
- A copy of your test findings will be sent to your referring doctor who can discuss the results with you.



Location:

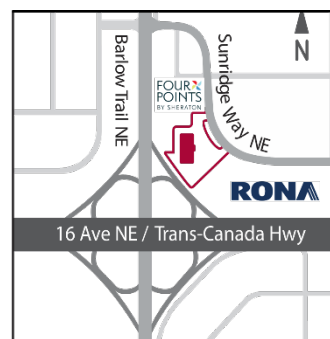
2891 Sunridge Way NE, Suite 110
Phone: 403-571-8640

Free parking is available in front of the building.



Transit Directions:

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





Echocardiogram, Bubble Study and Contrast Echocardiogram Test Information

Echocardiogram

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

What happens during the test?

After changing into a gown, you will lie on an exam bed, and the 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.

Bubble Study (Agitated Saline Study)*

This non-invasive test is done during an echocardiogram to rule out any abnormal openings between the right and left side of the heart.

What happens during a bubble study?

A nurse will place an IV into your arm and the cardiologist will administer a harmless saline solution that has been mixed (agitated) with air to create microbubbles into the IV. Additional images showing the bubbles from the solution will be taken. The cardiologist may do multiple injections of saline into the IV – this is normal for this type of test.

You will be asked to bear down briefly to help increase pressure on the right side of your heart. This is called a Valsalva maneuver and is a normal part of the test. Once the additional images are taken, the IV will be removed and the test is complete.

After the test:

- Avoid heaving lifting with that arm for 1 – 2 hours to prevent bruising.
- You can leave following the test unless you are waiting to have another test done.

Contrast Echocardiogram*

A contrast echocardiogram uses a contrast agent to enhance the ultrasound images of the heart. It is done to provide more detailed images of the internal structures of the heart to detect any abnormalities or thrombi.

What happens during a contrast echocardiogram?

A nurse will explain the test to you, take your blood pressure, and place an IV line into your arm. A cardiologist will then administer the contrast agent through the IV and the sonographer will take additional images of the heart while the contrast agent is circulating. Once these images are taken, the IV line will be removed and the test is complete.

After the test:

- Avoid heaving lifting with that arm for 1 – 2 hours to prevent bruising.
- You will be asked to wait in the waiting room for 15 minutes following the test. After this waiting period, you may leave unless you are having another test performed.

Safety and Considerations:

Contrast echocardiography is generally safe. The contrast agents used are different from those used in other imaging tests, such as CT scans or MRIs. It is important to inform the healthcare provider of any allergies or adverse reactions to contrast agents in the past prior to the test being performed.

*In addition to an echocardiogram. Only done if requested by referring doctor or if clinically indicated.