

Echo Prep

Clothing from the upper body is removed and covered by a gown or sheet to keep you comfortable and maintain the privacy of females. The patient then lies on an examination table or a hospital bed. Sticky patches or electrodes are attached to the chest and shoulders and connected to electrodes or wires. These help to record the electrocardiogram (EKG or ECG) during the echocardiography test. A colorless gel is then applied to the chest and the echo transducer is placed on top of it. The echo technologist then makes recordings from different parts of the chest to obtain several views of the heart. You may be asked to move from your back and to the side. Instructions may also be given for you to breathe slowly or to hold your breath. This helps in obtaining higher quality pictures.

Patient Instructions:

1. In order to get an accurate exam the chest and upper abdomen need to be clean and free of any lotions or oils.
2. Please wear comfortable 2 piece clothing. Also, if you are typically cold natured, please wear heavier clothing to the exam.