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## ECHOCARDIOGRAM (ECHO)

### What is an Echocardiogram?

Echocardiogram is an ultrasound of your heart and is one of the most important non-invasive cardiac investigations for heart disease.

Echo uses sound waves technology to produce live images of your heart and assesses the size, function and structure of your heart muscle and valves.

In addition, it can be used to measure flow and pressures in chambers of your heart as well as major heart arteries and veins and provide some information about the function of your lungs.

### How do I prepare for my Echo appointment?

There are no special requirements to prepare for your echo test and no fasting is required. You may take all your regular medications or as recommended by your doctor.

Please allow 30-45 minutes for your appointment.

You will be required to take off your clothing from your waist up and lie on the bed on your side. A Cardiac Sonographer will then perform a series of images and videos by a probe prepared with some gel, which she will move around your chest area while applying some pressure to your ribs. Few electrodes will be attached to your chest to monitor your heart rate during the scan. The Sonographer may ask you to change your body position at times and hold your breath occasionally. There may be slight discomfort due to the pressure applied to your chest by a probe as it is important in creating good quality images.

There are no known risks associated with an echo scan.

There is no radiation involved during the test.

### How do I get my results?

Once the scan is complete the images will be reviewed by a Cardiologist and a final report will be created and sent to your referring doctor.