

Transoesophageal Echo (TOE)

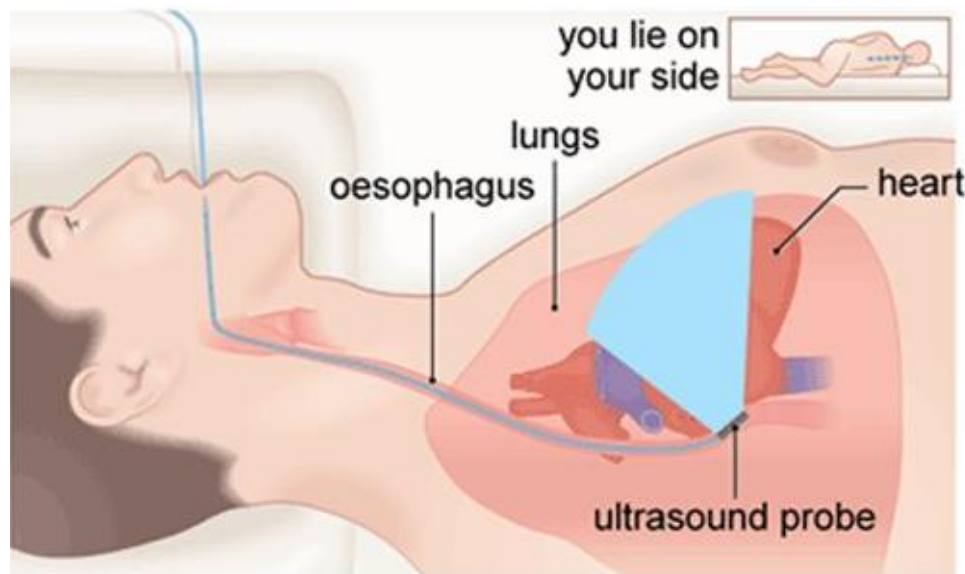
Information for patients

Your doctor has asked for you to have a test called a Transoesophageal Echocardiogram. The test will provide us with information about your heart that we cannot get from a standard (through the chest wall) echocardiogram.

Like the standard echocardiogram it uses high-frequency sound waves (ultrasound) to see the structures of the heart. A thin flexible tube (probe) is placed in the oesophagus (the food pipe). A transducer on the end of the probe sends sound waves to your heart, and collects the echoes that bounce back. These echoes are converted into pictures.

Because the oesophagus is close to the heart, clear pictures of the heart and its structures can be taken.

Please allow approximately 3 hours for the test.



Preparing for the procedure

- You must **NOT** have anything to drink or eat for six hours before this test. The test will not be able to go ahead if you have eaten or had anything to drink.
- **Stop these medications: Dulaglutide (Trulicity), Liraglutide (Saxenda /Victoza) or Exenatide (Byetta). Stop at least 7 days before your procedure and restart the following day.**
- If you take medications for diabetes, **do not** take them until after the procedure when you are eating again. You may take other morning medications with a small sip of **water**.
- Contact us if you are on blood thinning treatment. If you are taking Warfarin have your INR checked **1-2 days** before the test.

On arrival

- Please report to the Cardiac Physiology Reception Desk, Level 3, Auckland City Hospital (opposite Ward 31) by your appointment time. If you are late we may need to reschedule your test for another day. You may bring a support person with you.

What to expect

- After talking with a doctor you will be asked to sign a consent form.
- You will have a small IV (intravenous line) inserted to give you sedating medicine to help you relax.
- Your throat will be numbed to suppress the gag reflex.
- A doctor will gently guide the transducer probe through your mouth and into your throat, and ask you to swallow as it goes down. During the procedure, you may feel the probe moving, but it shouldn't be painful or interfere with your breathing.

After the procedure

- After the test, you will be transferred to our Transition Lounge on Level 5 for approximately 1-2 hours while you finish recovering.
- You will have something to eat and drink and the IV will be removed before you go home.
- Arrange for a family member or friend to collect you as you will NOT be able to drive or return to work for the rest of the day.

Side effects

- The sedative may make you feel drowsy and affect your judgement. **Do not drive, operate machinery, make important decisions, sign important documents or drink alcohol for 12 hours after discharge**
- You may have a sore throat for a day or two.
- In rare cases, the procedure may cause the oesophagus to bleed.

Results

- Your test results will be sent to the referring doctor and to your family doctor.
- Your referring doctor will contact you to discuss the results of your test.

If you require any medical assistance or advice after your test please contact:

- Auckland City Hospital, Echo Department – (09) 3074949 ext. 24317 (8am – 3pm Monday to Friday)
- After hours – your local 24 hour medical centre (e.g. White Cross)
- In an emergency dial 111 for an ambulance.

If you are unable to attend or wish to discuss this test please call the Echocardiography Department on 09 307 4949 ext. 24317 or ext. 23318, Monday to Friday 8am-3pm or email us at echoscheduling@adhb.govt.nz