



UT★PHYSICIANS

Non-Invasive Cardiovascular Laboratory

www.utcardiovascular.com



UTP- Medical Center
6410 Fannin, Suite 600
Houston, TX 77030
832-325-7099

UTP- Bellaire
6700 West Loop South, Suite 540
Bellaire, TX 77401
713-486-5175

Patient Handout
Echocardiogram

Exam Date: _____

Time: _____ a.m. / p.m.

We ask that you read through this document to ensure that you will have the most successful visit possible. Please arrive about 15 minutes prior to your scheduled appointment time to fill out any necessary paperwork. We thank you for your assistance!

Please allow yourself about 1 hr for the echocardiogram.

Parking:

UTP-Fannin: Please park next door in the UTP Parking Garage at 6414 Fannin. We will provide you with a voucher after your test so your parking will be free. When you arrive on the 6th floor, do not check in at the main desk. Please proceed to the right side of the unit once you see the main desk and around the corner to the Non-Invasive Area check-in window.

UTP-Bellaire: Please park in any of the free parking located west of the 610 Freeway and just behind the building as it faces 610. We are located on the 5th floor, Suite 540.

You are scheduled for a test called an **echocardiogram or echo**. This test is an imaging test that helps your doctor to evaluate your heart. The test involves the use of harmless sound waves or ultrasound to image your heart; it is safe and painless. The procedure of the echo will be as follows:

Before your Echo:

- Please discuss any questions or concerns you have with your physician.
- Take any scheduled medication as instructed by your physician.
- Allow extra time for checking in.
- Wear a two piece outfit for the test. You will be asked to remove clothing and jewelry from the waist up. You will be given a short hospital gown.
- You will be asked about your medical history including medications that you are taking. Mention any herbs or supplements that you are taking.
- Your exam will be explained to you and any questions or concerns will be addressed.
- You will be asked to lie down on your left side with your left arm above your head during the exam. If you feel this may be difficult, please let the sonographer know.

ALL CANCELLATIONS must be made 24 hrs in advance.
Please call 832-325-7099 for all cancellations and appointment times.

During Your Echo:

- Most echo tests take about 30-40 minutes.
- Small electrodes will be placed on your chest to monitor your heartbeat. You will then be hooked up to the ultrasound machine.
- A transducer coated with gel will be moved over your chest. This device creates the sound waves that make images of your heart.
- The air in your lungs can affect the quality of your images. So, at times, you may be asked to exhale and hold your breath for a few seconds.
- The transducer may also be used to do a Doppler study. This test measures the direction and speed of blood flowing through the heart. During the test, you may hear a “whooshing” sound. This is the sound of blood flowing through the heart.
- The images of your heart are stored on a computer and/or recorded on video. This allows your doctor to review your pictures later.
- There are some instances in which we may need to place an intravenous catheter (IV) in your arm vein in order to administer agents required to obtain the best possible pictures, or as indicated by your physician. If this becomes necessary, the procedure will be explained to you in more detail during your echocardiogram.



After Your Echo:

- Return to normal activity unless your healthcare provider tells you otherwise.
- Be sure to keep your follow-up appointments.

Your Test Results:

- The results of your echo will be sent to your physician. Your physician will discuss your test results with you during a future office visit. The test results help your physician plan your treatment and any other tests that are needed.

**ALL CANCELLATIONS must be made 24 hrs in advance.
Please call 832-325-7099 for all cancellations and appointment times.**