



# Transoesophageal Echocardiography (TOE)

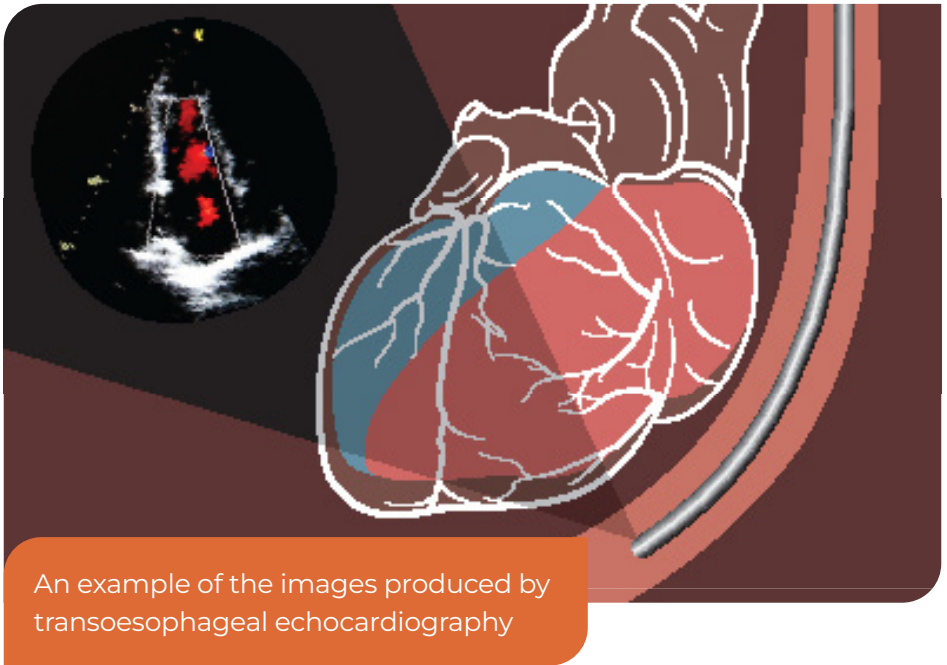
Patient information



# What is it?

TOE uses soundwaves to produce images of the heart.

Unlike standard echocardiography, TOE uses a tube-like device placed in the mouth and passed gently down the throat into the esophagus (the food pipe that connects the mouth to the stomach) to record images of the heart.



An example of the images produced by transoesophageal echocardiography

This test shows our cardiologists the size, shape, and movement of your heart muscle and valves, allowing them to design better care for you. For patients with atrial fibrillation, TOE may be used to make a detailed examination of the left atrium and left atrial appendage.



## What should I expect?

A TOE is performed in a day hospital. You will usually be able to go home that day.

- The test itself takes about 30 minutes, but make sure you set aside approximately two hours before and after the test for safety checks and procedures
- You will be sedated for your test and a small intravenous needle will be placed in one of your veins

On the day of your test, **make sure you arrange for transport home.** As a result of the sedation, you will feel symptoms such as drowsiness and dizziness, and will not be able to drive or travel home alone.

### Preparation

**Do not eat or drink anything for six hours before your test.** If you have diabetes, talk to your cardiologist about food and insulin intake, as these can affect your blood sugar levels.

In general, you should take your usual medications with a sip of water on the morning of the procedure. Ask your doctor whether any of your morning medications should be withheld, and please bring all your medications with you on the day.

## What happens after the test?

- You may find that you have a sore throat following the procedure, this usually subsides after a day
- Occasionally you may be required to stay in hospital overnight
- **You must not drive a motor vehicle within 12 hours after this test**

### For more information:

[advaraheartcare.com/TOE](http://advaraheartcare.com/TOE)

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