

## **TRANSESOPHAGEAL ECHOCARDIOGRAM**

Brigham and Women's Hospital  
Boston, MA

### **WHAT IS A TRANSESOPHAGEAL ECHOCARDIOGRAM (TEE)?**

This test allows the cardiologist to visualize the heart, its chambers, and valves by inserting a flexible tube down the esophagus (food pipe).

The TEE will help the doctor evaluate whether there are any congenital heart defects, valvular defects, blood clots, infection, damage to the heart muscle or if an artificial heart valve is functioning properly.

### **ABOUT YOUR TEE**

To prepare, you should have nothing to eat or drink for at least 6 hours before the test.

You may take your medications, as prescribed, with some water.

On the day of your appointment, arrive at least 30 minutes before. You should plan to be here 1-2 hours.

You will need a ride home after the test. Please bring someone with you who can take you home. (*NOTE: if you arrive without arrangements for a ride home, your test will be rescheduled*).

### **THE DAY OF THE TEST**

Arrive 30 minutes before your scheduled time. If you do not have one, please obtain a blue medical record card from outpatient registration. Outpatient registration is located at 45 Francis Street in the lobby.

After obtaining your card, walk through the Pike to the Tower Building. Take the elevator to the 3<sup>rd</sup> floor. Across from the elevator bank is the waiting room. Inform the secretary that you are here for a TEE.

The nurse will take you into the procedure room where you will be asked to put on a hospital gown. You only need to remove your clothing from the waist up.

### **THE PROCEDURE**

The nurse will monitor you during the procedure. You will be placed on a heart monitor and your blood pressure and oxygen level will be monitored frequently.

An IV will be started so that you may receive medication to sedate you. You will lie on your left side during the procedure. Oxygen will be given via nasal cannula.

The doctor will obtain consent from you and will spray your throat with an anesthetic.

You will be asked to swallow the TEE probe. Once the probe is in place, the procedure will last about 15-20 minutes. Suction will be available for any secretions that may build up and we ask that you try not to swallow. When you are fully awake and vital signs are stable you may leave with a responsible adult.

### **DISCHARGE INSTRUCTIONS**

You will be instructed not to drive, drink alcohol or make any important decisions for at least 24 hours due to the sedation you received. Your nurse will instruct you not to eat or drink for 2 hours after the procedure because of the anesthetic used to numb your throat.