

MonashHeart, Monash Health is committed to providing outstanding cardiac services for cardiac patients of all ages

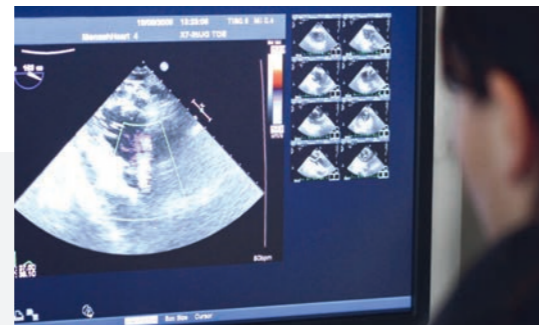
- ♥ Every 10 minutes, an Australian dies from cardiovascular disease making it the biggest killer of all Australians
- ♥ MonashHeart treats more acute heart attack patients than anywhere else in Victoria
- ♥ Each year MonashHeart treats over 5700 patients with acute heart problems, the most in Victoria
- ♥ MonashHeart operates one of the busiest cardiac CT scanners in the world
- ♥ MonashHeart is the only cardiac service in Victoria, South Australia and Tasmania to treat heart patients of all ages; from pre birth to our senior citizens
- ♥ MonashHeart is an internationally and nationally recognised leader in cardiovascular research



Fundraising Manager  
Monash Health  
Locked Bag 29  
Clayton South 3169

## How do I prepare?

- ♥ You will be asked not have anything to eat for a minimum of six hours before the test.
- ♥ If you normally take morning medications, then we recommend you take these with a sip of water, unless otherwise advised by your doctor.
- ♥ Diabetic patients should not take their morning insulin/diabetic tablets, but should bring their medications with them.
- ♥ You won't be able to drive afterwards because of the sedating medication you'll receive. Be sure to make arrangements to get home before you have your test.



## When does my Doctor get my results?

Your referring doctor will receive the results in five to seven working days. An additional copy of the results may be sent to any other doctors who are involved in your care at your request.

If you have any further questions or concerns about your upcoming TOE study, please talk to your local doctor. On the day of the TOE the cardiologist will more than happy to discuss all aspects of the procedure with you.

## Some useful websites

**MonashHeart**  
[www.monashheart.org.au](http://www.monashheart.org.au)

**Patient Information**  
[www.heartfoundation.com.au](http://www.heartfoundation.com.au)



Please use this space to write down any questions you may have:

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Transoesophageal Echocardiogram (TOE)

Patient Information Sheet

## What is a Transoesophageal Echocardiogram?



A transoesophageal echocardiogram (TOE) is a specialised echocardiogram that allows your doctor to assess your heart from the oesophagus (the food pipe that connects your mouth with your stomach). It allows the doctor to view your heart without the chest wall or lungs getting in the way.

In this procedure, a flexible tube containing a transducer is guided down your throat and into your oesophagus. The transducer records the sound wave echoes that your heart produces. A computer converts the echoes into moving images on a monitor.



## Why do I need a TOE?

Your doctor may want you to undergo a TOE for a wide variety of reasons. It is often used for patients:

- ♥ Who are difficult to image with a standard echocardiogram (echo)
- ♥ With congenital heart disease
- ♥ With replaced heart valves
- ♥ Suspected of having heart valve infections (endocarditis) or blood clots in the left side of the heart.
- ♥ Who are candidates for open-heart surgery, where repair or replacement of a valve is being considered

## What can I expect?

Your echocardiogram will be performed in MonashHeart by an experienced cardiologist who will be assisted by an echo technologist. After undressing from the waist up, you will be asked to lie on an examining table or bed. The technologist will attach sticky patches (electrodes) to your body to monitor your heart rate.



An intravenous cannula (IV drip) will be inserted in a vein in your arm for medications.

The doctor will explain the procedure and then ask you to sign a consent form.



You will be asked to remove any dentures or plates. You will then be given medicine to numb your throat, oxygen therapy and sedation to help you relax.

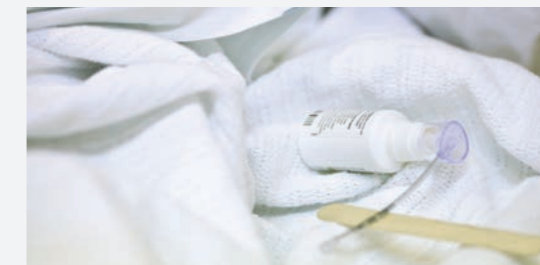
Most transoesophageal echocardiograms take less than an hour, but the timing may vary depending on your condition. It is likely that you will be asleep for most of the procedure. Your heart rate, blood pressure and oxygen level will be monitored continuously during the test.

Once the test is over, the probe and electrodes are removed. It is common to feel drowsy for up to two hours after the test. You will be observed in the hospital for two hours after the test. After this time, the IV drip is removed and you may have something to eat and drink before going home. You will not be able to drive home after the test.

## What are the risks?

There are a few risks associated with a transoesophageal echocardiogram. Your throat may be sore for a few hours afterwards. Rarely, the tube may scrape the inside of your throat. The risk of serious damage to the oesophagus is very low. Your oxygen level will be monitored during the exam to check for any breathing problems caused by the sedation medication.

As you will be sedated, there is a small risk of aspiration (stomach contents going into the lungs), which is why you will be asked not to have anything to eat or drink for six hours before the test. You may feel some discomfort similar to pulling off an adhesive bandage when the technologist removes the electrodes placed on your chest.



**I support MonashHeart, Monash Health in providing leading care to cardiac patients of all ages.**

(Donations of \$2 or more are tax deductible ABN 82 142 080 338)

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