

ECHOCARDIOGRAM PATIENT PREPARATION INSTRUCTIONS

Echocardiogram Procedures	Patient Preparation	Length of Procedure (Approx.)
2D Echocardiogram Echocardiogram Bubble Study 2D Echocardiogram w/contrast 3D Echocardiogram	No patient instructions.	40 Minutes

For a standard transthoracic echocardiogram:

- An echocardiogram (ECHO) uses sound waves – ultrasound – to create a picture of your heart.
- For a regular echocardiogram, there is no special preparation needed.
- You will undress from the waist up and lie on a stretcher.
- The technologist will attach three sticky patches called electrodes to your body
- The technologist will also apply a gel to the transducer or camera
- The technologist will move the camera back and forth over your chest. You may hear a pulsing or whoosh sound – that is the ultrasound recording the blood flowing through your heart.
- You may be asked to breathe in a certain way or to roll onto your left side. The test takes approximately 45 minutes.

