



Echocardiogram Patient Information

Your physician has ordered an echocardiogram and you may be wondering what to expect. The below information will provide you with an overview of the test and hopefully answer any questions you may have and reduce any feelings of anxiety you may have as well.

What is an Echocardiogram?

It is a non-invasive and painless procedure that uses ultrasound to look at the physical structures of the heart. This procedure shows information on the chambers and valves in the heart and can help to diagnose and treat heart conditions.

Why did my doctor order this test?

Cardiologists order these tests for patients who are actively having cardiac symptoms, or for patients who are at high risk for cardiovascular disease.

How long will the test take and can I bring someone with me?

The full test will take approximately 45 minutes. During COVID we must limit guests in our office and have limited waiting space during the test. It is preferred that you do not bring a guest unless medically necessary for support or translation assistance for this reason.

Are there any special instructions for this test?

There are no special instructions for this test.

What will happen on the day of my appointment?

If your test is scheduled in our Cary office, you will check-in for your test downstairs in suite 100. A member of our cardiac sonography team will escort you to your room.

If your test is scheduled in Fuquay-Varina or our Dunn office, you will check in at the main check in counter and then the technician will escort you to your room.

You will be asked to remove your clothing from the waist up and female patients will be given a cape that drapes over the shoulders to cover their chest. Three electrodes will be placed on you and attached to wires to monitor your heart's electrical activity throughout the procedure. The sonographer will have you lie on your left side for the test and use a wand (sound-wave

transducer) on several areas on the chest, abdomen, and neck. At this time, they will also be using ultrasound gel to help create a clearer image. Ultrasound does not travel well through air, so you may be asked to make adjustments or hold your breath throughout the procedure.

Our friendly, experienced, and knowledgeable staff is happy to answer any questions or address any concerns you have throughout your test in our office. Please do not hesitate to ask, we love to educate!