



Echocardiogram Preparation & Information

What is a Transthoracic Echocardiogram (TTE)?

An echocardiogram (echo) is a diagnostic test used to obtain pictures of your heart to help determine your heart function and to evaluate your heart valves. An echocardiogram is a noninvasive procedure that is also known as a transthoracic echocardiogram (TTE).

Before the Test

Dress appropriately for the test because you will have to take your clothing off from the waist up. **No dresses preferably to avoid fully undressing.**

During the Test

A technician obtains views of your heart by moving a small instrument called a transducer to different locations on your chest and/or abdominal wall. A transducer, which resembles a microphone, sends sound waves into the chest and picks up echos that reflect off different parts of the heart. The transducer is pressed firmly against your chest and moved slowly back and forth. Gel is also used to help pick up the sound waves. The test is approximately from 30 to 60 minutes.

After the Test

When the test is over, the gel is wiped off and the electrodes are removed. You may leave without restrictions, including the ability to resume your normal activities immediately.

