

Transesophageal Echocardiography (TEE)

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Transesophageal echocardiography (TEE) is a procedure done to record images of your heart with a probe inside your esophagus. These images help your healthcare provider find and treat problems such as infection, disease or defects in your heart. This procedure is often done when a chest echocardiogram (transthoracic) does not give your provider enough information.

Your provider will have you gargle a medication that will help to numb your throat. You may be given a medicine through an IV (intravenous) in your arm to help you relax. You may also be given oxygen. The healthcare provider gently inserts the small, lubricated probe into your mouth. As you swallow, he or she will slowly guide the tube into your esophagus and use an ultrasound machine to view the images of your heart.

Preparation

What do I do before my procedure?

- You will need to fast (nothing to eat or drink) for this procedure. Follow the pre-procedure instruction sheet.
- Arrange for a responsible adult to drive you home after the procedure and stay with you for the next 24 hours.
- Refer to the pre-procedure instruction sheet for arrival time and procedure time.

Medications

- It is very important to follow the pre-procedure medication instructions provided by your physician. We will remind you of these during a pre-procedure phone call.
- Please prepare a current list of your medications to bring with you on the day of your procedure.

Day of Procedure

What do I do the day of my procedure?

- Leave valuables and jewelry at home.
- When you arrive, simply check in at our first floor front desk.
- After registration you will be taken to a room, and a nurse will get you ready for the procedure.

During the Procedure

Will I have anesthesia?

During the procedure you will be given medications in your IV that will make you sleepy. These medications are called procedural sedation. Unlike deep anesthesia that you may receive during a surgery, this anesthesia will allow you to sleep lightly but still respond to commands, such as take a deep breath or open your eyes. The light sleep will make you more comfortable during your procedure.

What are the side effects of anesthesia?

Procedural sedation may cause poor balance, sleepiness and impaired judgment for up to 24 hours. Sedation may also cause you to have a headache or feel nauseated for several hours after the procedure. It is normal to not remember things that happen during or immediately after the time you received procedural sedation. Friend or family assistance is recommended at home for 24 hours.

After the Procedure

What should I expect after my procedure?

- A registered nurse will monitor you until you are fully awake.
- In most cases, you'll be able to go home after the sedation wears off. This usually takes 1-2 hrs.
- You will be able to eat and drink a couple of hours after your procedure when your throat is no longer numb.
- Do not drive or operate heavy machinery or make any important decisions for 24 hours after the procedure.
- The day after your procedure, try to take it easy. Take medications as directed.

If you experience:

- **Pain** - At home you may experience a sore throat. This is usually managed with over the counter pain relievers.
- **Nausea and Vomiting** - Begin with sips of clear liquids in small amounts. Once you tolerate clear liquids, you should slowly add in other bland, low fat food choices, gradually increasing to your normal diet.
- **Unexpected Bleeding** - Notify your physician if you cough up blood, vomit blood or have trouble swallowing. Small amounts of blood in your sputum is expected for 1-2 days after the procedure.

Date & Version #	Change Summary
6/16/17 Ver. 2	Fixed typos & words
2/16/18 Ver. 3	Typos & wording