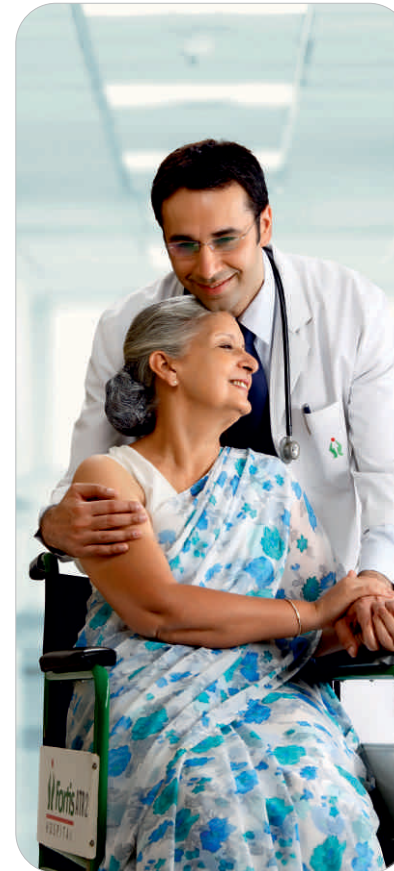


ECHO



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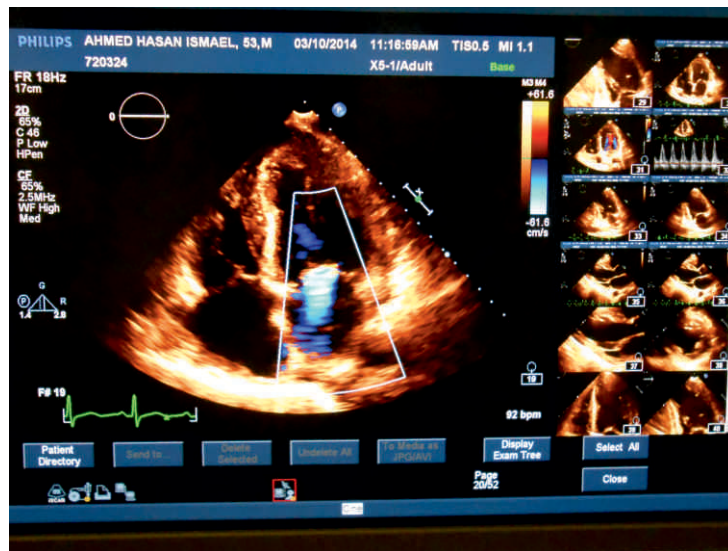
 **Fortis Foundation**

FREQUENTLY ASKED QUESTIONS

1 WHY DOES ONE NEED AN ECHO?

Your doctor may perform an Echocardiogram to:

- Assess the overall function of your heart.
- Determine the presence of any type of heart diseases.
- Follow the progress of heart valve disease over time.
- Evaluate the effectiveness of medical or surgical treatments.



2 HOW SHOULD ONE PREPARE FOR AN ECHOCARDIOGRAM?

On the day of the test, eat and drink as you normally would. Take medications, if any at the usual time as prescribed by your doctor.

3 WHAT HAPPENS DURING THE TEST?

During the test, you will be given a hospital gown to wear. You will be asked to remove your clothing from the waist up. A Cardiac Sonographer will place three electrodes (small, flat, sticky patches) on your chest. The electrodes are attached to an Electrocardiography monitor (ECG or EKG) that charts your heart's electrical activity. The Sonographer will ask you to lie on your left side on the examination table. He or she will place a wand (called a Sound-Wave Transducer) on several areas of your chest. The wand will have a small amount of gel on the end which will not harm your skin. The gel is used to help produce clearer pictures.

Sounds are part of the Doppler signal. You may or may not hear the sounds during the test. You may be asked to change positions several times during the test in order for the Sonographer to take pictures of different areas of your heart. You may also be asked to hold your breath at times during the test.

You should feel no major discomfort during the test, although you may feel coolness from the gel on the transducer and a slight pressure of the transducer on your chest.

The test will take about 30 minutes. After the test, you can get dressed and go about your daily activities. Later, our doctor will discuss the test results with you.

4 WHAT ARE THE RISKS OF ECHOCARDIOGRAPHY?

Transthoracic and Foetal Echocardiography (Echo) has no risk. These tests are safe for adults, children and infants.