



GATEWAY CARDIOLOGY, P.C.

ECHOCARDIOGRAM INSTRUCTIONS

You are scheduled to have a special test on your heart called an Echocardiogram to be performed in our office on _____ at _____ AM/PM. We realize that you may have some questions regarding this procedure and have created this pamphlet to help answer these questions. Below is a list of frequently asked questions and answers to assist you:

Are there any preparations prior to the exam?

Yes, here is a list.

1. If you smoke, please refrain for at least 2 hours prior to the test.
2. If you have lung problems such as asthma, emphysema, or COPD, or a history of glaucoma, please let the technician know prior to the test.
3. Take all of your medications prior to the exam, unless otherwise instructed by your physician.
4. Wear comfortable clothing and shoes.

How long does the test take?

The test usually takes about 45 minutes.

What is the test?

Echocardiography uses ultrasound or high-frequency sound waves to create images of the heart's structure and function, measure the blood pressure inside the heart, and to measure the direction and speed of blood flow. Standard echocardiography produces a two-dimensional image of a cross section, or slice, of the heart, its chambers and valves, and the large blood vessels of the heart. Echocardiography is primarily used to detect and assess the function of the heart muscle, blood vessels, and valves.

What does the test involve?

Echocardiography is performed by a trained sonographer or technician. A transducer turns electrical energy into sound waves, which bounce off tissues in the heart and are recorded onto the computer for later analysis. Throughout the test, an electrocardiogram, or ECG, which records the heart's electrical activity, is performed to monitor the heartbeat and the blood pressure is monitored. A gel is used on the chest to improve conduction and reception; it may feel cold and moist. The test is painless, does not use radiation, and has few known risks.

Any questions?

If you have further questions, please contact our office, Kennerly at 314.729.0088 or Watson at 314.781.5677. Your physician will be notified of the results.

Where are we located?

10004 Kennerly Road, Suite 185, located on the 1st floor of Medical Building B on the Mercy South, f/k/a St. Anthony's Medical Center, campus.

DIRECTIONS: Travel Highway 270 to Tesson Ferry Road. Travel West on Tesson Ferry for approximately 1/2 mile. Turn right on Kennerly Road, then left at the first stoplight into the entrance of the hospital campus. If you are facing the front of the hospital, the building will be to the far left, **OR** 3915 Watson Road, Suite 100 located 2 blocks north of the Watson/Chippewa intersection, turn left onto Lindenwood, then left into our parking lot.

What should I do if I am unable to keep the appointment?

We realize that there are times and instances where you may not be able to keep this appointment and because of the costs of performing this test, it is imperative that you call us 48 hours before your scheduled time to cancel and/or reschedule.