



Transthoracic Echocardiogram testing: Patient Information

What is an Transthoracic Echocardiogram (Echo)?

An echocardiogram is a non-invasive test that uses sound waves transmitted through skin to image heart's structure. This test can be done at any age from newborn to adults.

Who performs the Echocardiogram test?

The test will be performed by cardiac sonographers (male/ female), or a doctor (Dr Singla – he/him) at our office.

How is the test done?

This test is performed with the patient lying on an exam table. A handheld transducer is placed on the chest/abdomen over the patient's chest using a gel. You may feel coolness or pressure on your skin during the test. You may be asked to hold your breath, take deep breaths and change positions during the procedure.

How long does the test take?

The time varies and depends on the co-operation of patient (as we do this test on both children and adults) and the technical challenges while obtaining good quality images. The average time to complete test is around 45- 60 minutes.

How to prepare for your Echocardiogram test:

- Wear comfortable, loose clothing on the test day for ease of dressing and undressing. You'll be asked to remove your clothing from the waist up, and a disposable gown will be offered.
- Eat and drink normally on the test day.
- Please consider bringing a family member that you feel comfortable with having present in the exam room, especially if aged less than 18 years.
- For younger patient, we encourage to bring a favourite toys or video. For infants, sometimes feeding helps, and hence we suggest you to bring bottle milk (if not exclusive breast feeding) and/or a pacifier.