

## ECHOCARDIOGRAM

### Your ECHO appointment:

- You will schedule your ECHO appointment through our main clinic.
- You will check-in for your appointment at the Inland Shores location at 5900 Inland Shores Way in Keizer, Oregon.
- Please arrive 15 minutes early to check in. You will check in at our **LAB/X-RAY/ECHO** desk at Inland Shores.
- Be sure to sign in on the clip board if there is not a staff member at the desk. Please see the reverse side for more information.

### What is an ECHO or ECHOCARDIOGRAM?

An echocardiogram is an ultrasound that uses sound waves to image your heart. This test has no x-rays and is completely safe for pregnant patients. At the Salem Clinic we do two different exams, an echocardiogram and a stress echocardiogram.

### How is it performed?

Echocardiogram = A clear gel is applied to your chest and a small transducer is placed over your chest to image your heart. You will be lying on your back and left side during this procedure. It is a completely painless exam. Your echocardiogram will take approximately 1 hour to complete.

Stress echocardiogram = you will have an echocardiogram right before and after you walk on a treadmill. This will increase your heart rate and blood pressure so that it can be monitored. A clear gel is applied to your chest and a small transducer is placed over your chest to image your heart. You will be lying on your back and left side during this procedure. It is a completely painless exam. Your stress echocardiogram test will take 1.5 hours to complete.

### What is the prep for my exam?

Echocardiogram = There is no preparation for your exam. You may eat and drink your regular diet. You will need to remove your clothing from the waist up and put on a gown before your procedure. A highly trained cardiac sonographer will perform your exam.

Stress echocardiogram = Please do not eat or drink for at least 2 hours before your test and check with your doctor regarding any heart medication you may be taking; you will not be able to take any beta blockers the day of your appointment. Please do not smoke 4 hours prior to your appointment. To make your exam more comfortable please wear loose, comfortable clothing including walking or tennis shoes for your test on the treadmill. Showering before your appointment is suggested because you will not be allowed to shower after your appointment. A highly trained cardiac sonographer will perform your exam.

### How will I get my results?

Echocardiogram and Stress echocardiogram = your physician will contact you in the normal way they usually contact you with test results.

**Your appointment is at: 5900 Inland Shores Way Keizer, OR 97303**

**Date:** \_\_\_\_\_ **Time** \_\_\_\_\_ **AM PM**

If you have any questions, you may call the Radiology Department directly at 503-399-2484. Option #2

**ONCE YOU HAVE ARRIVED AT INLAND SHORES, YOU WILL ENTER THROUGH THE SLIDING GLASS DOOR, THE DESK SLIGHTLY TO THE RIGHT WILL BE LABELED LAB/X-RAY/ECHOCARDIOGRAM; THIS IS THE LOCATION TO CHECK IN FOR YOUR ECHOCARDIOGRAM. PLEASE CHECK IN WITH THE LAB/X-RAY PERSONNEL AT THE DESK, IF THERE IS NO ONE AT THE DESK AT THAT TIME, PLEASE SIGN IN ON THE PROVIDED CLIPBOARD AND WRITE "ECHO" NEXT TO YOUR NAME. THERE WILL BE A BUTTON ON THE WALL TO YOUR LEFT TO CALL PERSONNEL TO THE FRONT; YOU MAY PRESS THAT BUTTON AFTER SIGNING ON THE CLIPBOARD.**