



**windwardheart**  
center LLC

## Echocardiogram

If you have any questions regarding the material in this brochure please contact Windward Heart Center, LLC.

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## What is an Echocardiogram?

Commonly referred to as an echo, an echocardiogram is an ultrasound test for the heart. It uses sound waves to show the shape, texture, and movement of the heart valves, the size of your heart chambers and how well they work. This test also allows the doctor to analyze the direction and speed of blood flow through the heart. This test is painless and takes approximately half an hour.

## How to prepare for your echo:

Please be sure not to use any body lotions, sunscreens, or perfumes; and wear a two-piece outfit the day of your test, for example a shirt and shorts (no dresses).

## What happens during the Echo?

Electrodes are placed on your chest; these monitor your heartbeat. The technician will move a gel-coated device firmly over your chest. This device is a transducer that sends sound waves to the heart. The sound waves bounce back to a machine and are transformed into images on a video monitor. You may be asked to breathe according to the technician's directions as having air in the lungs may affect the quality of the images. If a doppler study is being performed, a test that measures the direction and speed of blood flow, you may hear a whooshing sound during the test. The images are recorded so that the doctor can review them after the test.

## After the Echo and Results:

After the test you can return to your normal daily routine. The doctor will review the images produced during your echocardiogram and will discuss the results with you in your follow-up appointment. Please be sure that you schedule a follow-up appointment for after your test.