

Patient Information Leaflet

Trans-oesophageal echocardiogram (TOE)

Produced By: Cardiology



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If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

What is a trans-oesophageal echocardiogram (TOE)?

Your doctor has decided that he needs more information about the structure and function of your heart and has asked for a special ultrasound scan called a 'trans-oesophageal echocardiogram' - often referred to as a 'T.O.E.'

To perform this test, a special flexible camera probe is passed into your oesophagus (or gullet). The probe transmits pictures of your heart onto a large screen so that measurements and analysis can be made.

Are there any risks?

As with all procedures there are risks associated with T.O.E.

- The probe that is put down your throat may give you a sore throat.
- If you have an allergy to latex, please let the doctor or nurse know before you have the procedure.
- Very rarely, you may have an allergy to the local anaesthetic used.

However, the risks need to be weighed against the benefits of having the procedure. We will get a much clearer picture of your heart and therefore a clearer picture of any problems.

On the day of the test

On the day of the test, you are asked not to have anything to eat or drink after 8.00 a.m. If you usually take any prescribed regular medication in the morning, please take this with your breakfast.

It is important that you **bring all of your medications** into hospital with you.

Although it is not expected that you will need to stay in hospital overnight, please bring nightclothes, dressing gown, slippers and toiletries **with you, just in case.**

Please report to the Coronary Care Unit at the time stated on your appointment letter. The nursing staff will take your details and make various checks before the test can be started.

During the test

The doctor who is going to perform the test will describe the procedure to you. He will explain the risks of the test and ask you to sign a consent form.

Before a doctor or other health professional examines or treats you, they need your consent. If your treatment involves sedation or general anaesthesia, you will be asked to sign a consent form which we will keep in your records. If you later change your mind, you're entitled to

withdraw consent – even after signing.

You will be given a sedative injection, which will make you feel relaxed and a little drowsy. The doctor will spray the back of your throat with a local anaesthetic to numb the area and make it easier for you to swallow the probe, although it will be covered in a slippery gel. A mouth guard is used to protect your teeth and to make passing the probe through your mouth easier. Most people have little or no difficulty in swallowing the tube and often fall asleep as the sedative takes effect. It is common to have no recollection of the procedure.

The test itself usually takes about 15 to 20 minutes.

After the test

The sedation can take several hours to wear off and you will be looked after by the nurses on the ward during your recovery.

You will be allowed to have something cold to drink about one hour after the end of the test. If you can swallow cold fluids without problems, then you will be allowed a hot drink and something to eat about an hour later.

After you have had something to eat and drink you will be allowed to get up and walk around. In general, most people feel quite normal two to three hours after having the test.

You may be discharged home anytime after this but you **must** have a responsible adult to stay with you overnight and you may **not drive** yourself home. Please arrange for a relative or friend to take you home after the test.

Due to the effects of the sedation, you are advised **not** to drink alcohol, drive a car or operate machinery for 24 hours after your test.

If you have any problems after the procedure, please contact the
Coronary Care Unit on 01983 534448 (direct line)
or your GP.

The results

The doctor will explain the findings of the test to you before you leave. They will also discuss whether you need to have a cardiac outpatient appointment or to see your GP. Your GP will be sent a report of the test findings.

Further information

If you have any further questions about this investigation, either before or after your appointment, please contact;

Coronary Care Unit (CCU)
St. Mary's Hospital
Newport
Isle of Wight
PO30 5TG

Telephone 01983 534448 (direct line)
or
01983 524081 x 4448 via main switchboard

Please use this space for any notes or questions

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: <http://www.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquiries@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

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