

## Patient Information Sheet

### Transthoracic Echocardiogram

A **Transthoracic Echocardiogram (TTE)** is a non-invasive, painless imaging test that uses sound waves to create detailed pictures of the heart. It's one of the most common types of echocardiograms and is widely used to evaluate heart structure and function. It is used to:

- Assess the size and shape of the heart.
- Evaluate the function of heart valves and chambers.
- Detect fluid around the heart (pericardial effusion).
- Identify blood clots or abnormal blood flow.
- Diagnose conditions such as heart failure, valve diseases, and cardiomyopathies.

#### How to Prepare

- Wear loose, comfortable clothing. You may need to remove clothing above the waist and wear a gown.
- Continue taking your prescribed medications unless instructed differently by your doctor.
- The cardiac sonographer may ask you questions about your cardiac condition.
- Please do not apply any creams / moisturisers to the chest prior to the test.

#### Procedure:

- The patient lies on their back or left side.
- A gel is applied to the chest to improve sound wave transmission.
- The transducer is moved across the chest to capture images from different angles.

#### How Long Does It Take?

- Anticipate a total of approximately 30-45 minutes including preparation time.

#### Potential Complications:

- An Echocardiogram is a low-risk procedure.

After the test you can go home and resume normal activities. It is important to follow-up with your doctor will review the results and discuss next steps.