

## INFORMATION FOR PATIENTS

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# Echocardiogram

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This leaflet gives you information about the test that has been booked for you.

### **What is an echocardiogram?**

An echocardiogram or 'echo' is a scan that uses ultrasound (sound waves) to produce pictures of the heart. The test is painless and without side effects. It does not use radioactivity.

### **Why is it being done?**

An echocardiogram gives your doctor information about how well your heart pumps and whether your heart valves are working properly.

### **What does it involve?**

You will be taken into a darkened room. The person performing the test is called a sonographer, who may be male or female. The sonographer will usually not be a doctor. This means that some questions you may have about the result may have to wait until you see your doctor.

You will be asked to undress to the waist, gowns are available that should be left open to the front. You will be asked to lie on a couch on your left hand side.

Stickers will be attached to your chest and connected to the machine. These will be used to monitor your heart rate during the test.

An ultrasound probe covered by a small amount of gel is placed gently on the centre of your chest and will be moved to different positions – beneath the left breast, beneath the rib cage and to the base of your neck. This provides images of your heart from a number of different angles which are then recorded.

During the echocardiogram you will hear sounds coming from the machine, which represent blood flow through the heart. The echocardiogram will take approximately 30-40 minutes to complete.

### **What preparation is needed?**

You can take all your medication as normal. You can eat and drink as normal.

### **At the end of your echocardiogram**

Once the echocardiogram is complete you can get dressed and leave. There are no limitations to what you can do after the scan, for example, you may drive.

### **When will I receive the results?**

The images are analysed on special software after the test and the result of this will be sent to your consultant. Your consultant will give you your results at your next clinic appointment. If you were referred by your GP, make an appointment to see them once the surgery receives your results.

## What if I need hospital transport?

If you need hospital transport due to medical reasons you will need to arrange this by using one of the numbers below:

- Nottinghamshire/Leicester: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0843 357 1556

### Contact details

Cardiorespiratory and Vascular  
Department: **01623 672259**.

We have departments at Clinic 4 in **King's Mill Hospital**, and via the Eastwood Centre at **Newark Hospital**. We can offer this appointment at either site, call us if you would prefer to change your appointment.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222  
**Newark Hospital:** 01636 685692  
**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202111-04-ECHO  
Created: December 2017 / Revised: November 2021 /  
Review date: November 2023