



Winnipeg, Manitoba, Canada

Echocardiography

What is an Echocardiogram?

- This is a painless test of your heart.
- It shows the size, shape and movement of the heart and the flow of blood through the heart.
- Sound waves (ultrasound) are used to obtain a picture of the heart which can then be seen on a screen.

How do I get ready for the test?

- There is no preparation for the test.
- You will need to change into a hospital gown. Pants can be worn during the test.
- Do take all of your medication
- Do eat and drink normally prior to your test

Who does the test?

- The test is done by a staff member with special training in Echocardiography

What happens during the test?

- Small stickers (called electrodes) will be placed on your chest. They are connected to the ultrasound machine.
- The room lights will be dimmed. This is so the picture on the TV monitor can be seen more easily.
- A small amount of jelly will be placed on your chest. This helps to make good contact with the skin and the ultrasound probe. The ultrasound probe looks like a large pencil and lies on your skin.
- The staff member doing the test may ask you to breathe in and out slowly, to hold your breath or lie on your left side.
- You will have to remain still as moving may change the pictures.
- If the staff member doing the test is having difficulty getting a clear picture of your heart, the heart doctor may inject a medication called a contrast agent into a vein in your arm.



A Stress Echo room

How long does the test take?

- The test will take about one hour to do.

After the test

- You can resume your normal activities after the test.
- The Cardiologist or heart doctor may decide to do further tests or examine you.

Outpatient information

Please make sure you know the hospital where your test is booked as the test is done at either:

- St. Boniface General Hospital
- Health Sciences Centre

The doctor who ordered your test will receive the results and review them with you.