

# TEE (Transesophageal Echocardiogram)

TEE is a test that uses sound waves to show how the heart is working. The doctor guides a tube down the back of the throat and into the stomach. The end of the tube will be behind the heart. Pictures of the heart are taken.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

**Arrive on time for your test.** Plan on being here 1-2 hours. The test takes about 15-30 minutes.

## To Prepare

- Do not eat or drink anything, including water, after midnight before the test.
- Take your medicines with sips of water only.
- If you have a replacement heart valve, you will be given medicine before the test.
- Before the test, tell the staff:
  - About any medicines you are taking. Include all prescription and over-the-counter medicines, vitamins and herbs you use.
  - If you have any allergies.
  - About your health history and any surgeries you have had.
  - If you may be pregnant.

## During the Test

- You will wear a hospital gown.
- Remove your dentures.
- An IV (intravenous) is put in a vein in your arm. Medicine may be given through the IV to help you relax.
- You lie on your left side and may fall asleep.
- You may be given oxygen through a small tube in your nose.
- Your heart rate, blood pressure, and breathing are checked often.
- Your throat is sprayed with a numbing medicine.

# TEE (全食道心回波圖)

TEE 是利用聲波顯示心臟功能的檢查。醫生從咽喉下導入一根管子至胃中。管子的一頭在心臟後面。給心臟照影。

需要一位成年家庭成員或朋友和您一起來在檢查之後陪您回家。您獨自駕車來或離開不安全。

做檢查請准時到達。預計在此要呆 1 - 2 個小時。檢查約需 15 - 30 分鐘。

## 準備工作

- 在午夜之後檢查之前，不要吃喝任何東西，包括水。
- 請只小口飲水服藥。
- 如果您有替代心瓣膜，您將在檢查前服藥。
- 在檢查前，請告訴醫療人員：
  - 任何您正在服用的藥物。包括您服用的所有處方藥和櫃檯即買藥、維生素類和草藥。
  - 您是否有任何過敏。
  - 您的健康史以及曾做過的任何手術。
  - 您是否可能已懷孕。

## 檢查過程

- 您要穿一件醫院的袍子。
- 除掉假牙。
- 要在您的臂上作靜脈注射。可能通過靜脈注射的藥物是爲了幫助您放鬆。
- 您靠左側臥躺，可能會睡著。
- 可能會從您鼻子裡通過的小管給您供氧。
- 您的心率、血壓和呼吸均不時得到檢查。
- 會給您的咽喉噴麻藥。

TEE. Traditional Chinese.

- As you swallow, the doctor guides the tube down the back of your throat. You may feel some pressure.
- The doctor moves the tube to view your heart from different angles.
- The sound waves show pictures of your heart on the screen.
- You may hear the sounds of the blood flowing through your heart.
- The tube is removed.
- Test results are sent to your doctor. Your doctor will share the results with you.

### **After the Test**

- Your heart rate and blood pressure are checked.
- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- Do not eat or drink for at least 2 hours after the test.
- Do not drive or use power equipment the rest of the day.
- Do not drink alcohol the rest of the day.
- Your throat may be sore. Cold drinks or lozenges may help.
- Lie down if you feel lightheaded or dizzy.

Call your doctor **right away** if you have:

- Severe pain
- Shortness of breath
- Bleeding

**Talk to your doctor or nurse if you have any questions or concerns.**

- 當您吞嚥時，醫生從您的咽喉下導入管子。您可能有一些壓迫感。
- 醫生移動管子從不同角度看您的心臟。
- 聲波在螢幕上顯示您的心臟圖象。
- 您可能會聽到血液流過心臟的聲音。
- 除掉管子。
- 檢查結果將送交您的醫生。您的醫生會告知您結果。

## 檢查之後

- 將查看您的心率和血壓。
- 檢查期間給您服用的藥會使您睏乏。爲了您的安全，您需要有一位成年家庭成員或朋友帶您回家。
- 檢查之後至少 2 個小時不要吃喝東西。
- 當天隨後時間不要駕車或操作電動設備。
- 當天隨後時間不要飲酒。
- 您的咽喉可能會痛。冷飲料或止咳糖可能有用。
- 如果您覺得頭昏眼花或暈眩，請躺下。

如有以下情形，請立刻打電話給您的醫生：

- 嚴重的疼痛
- 呼吸急促
- 流血

如果您有任何疑問或關注事項，請告知您的醫生或護士。

TEE. Traditional Chinese.

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