

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 to 2 hours. The test takes about 15 to 30 minutes.

To Prepare

- Do not eat or drink anything, including water, after midnight before the test.
- Ask your doctor if you should take your medicines the morning of the test. If so, take 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.

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TEE waa baaritaan isticmaala mowjado dhawaaq si loo muujiyo sida wadnuhu uu shaqaynayo. Takhtarka ayaa tubbada ku hagaya hunguriga dhinaciisa danbe iyo caloosha. Dhammaadka tubbadu waxay noqon doontaa wadnaha gadaashiisa. Sawirro ayaa wadnaha laga qaadayaa.

Xubin qof weyn ah oo qoyska ka tirsan ama saaxiib ayaa loo baahan yahay inuu kula yimaado si ay guriga kuugu kaxeeyaan baaritaanka kadib. Ammaan kuuma ahan in aad baabuur waddo ama aad keligaa baxdo.

Waqtiga ku imow marka lagu baarayo. Qorsheyso in aad halkaan joogeysid ilaa 1 illaa 2 saacadood. Baaritaanku wuxuu qaadanayaa ilaa 15 illaa 30 daqiiqadood.

Si aad isugu Diyaariso

- Waxna ha soo cunin hana soo cabin, marka lagu daro ama ay ku jiraan biyo, wixii ka danbeeya saqda dhexe ee habeenka baaritaanka ka horreeya.
- Takhtarkaaga weydii haddii aad qaadan karto daawodaada subaxa baaritaanka. Haddii ay sidaas tahay, daawooyinkaaga ku qaado kabbashooyin biyo ah.
- Haddii aad halbowle wadne oo la beddelay aad leedahay, waxaa lagu siin doonaa daawo baaritaanka ka hor.
- Baaritaanka ka hor, shaqaalaha u sheeg:
 - ▶ Wixii ku saabsan daawooyinka qaadatid. Ku soo dar dhammaan daawooyinka lagu qoray iyo kuwa aad miiska ka soo iibsatid, fitamiinnada iyo daawo dhireedka aad isticmaashid.
 - ▶ Haddii ay jiraan wax aad ku xajimootid.
 - ▶ Wax ku saabsan taariikhda caafimaadkaaga iyo qalliinnadii aad soo gashay.
 - ▶ Haddii laga yaabo in aad uur leedahay.

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During the Test

- You will wear a hospital gown.
- Staff will ask you to 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.
- To numb your throat, you will be asked to gargle with a medicine or your throat will be sprayed with a medicine.
- 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.

Inta Lagu jiro Muddada Baaritaanka

- Waxaad xiran doontaa goonnada isbitaalka.
- Shaqaalaha ayaa ku weydiin doona inaad iska bixin doontaa ilkahaaga macmalka ah.
- IV (xididgale) ayaa lagaa gelin doonaa xididka gacanta. Daawo ayaa laga yaabaa in IV-ga lagugu siiyo si ay kuugu caawiso in aad u kala baxdo.
- Waxaad u seexanaysaa dhinacaaga biddix waxaana laga yaabaa in aad hurdo la dhacdo.
- Waxaa laga yaabaa in ogsijiin tubbo yar oo sanko lagaa geliyo lagugu siiyo.
- Xaddiga garaaca wadnaha, cadaadiska dhiigga, iyo neefsashada ayaa badanaa lagaa hubinayaa.
- Si hunguriga loo suuxiyo, waxa lagu warsan doonaa inaad ku luqluqato dawo ama hungurigaaga lagaaga buufiyo daawo.
- Markaad wax liqdo, ayuu takhtarku tubbada hoos ugu hagi doonaa hunguriga gadaashiisa. Waxaad dareemi doontaa xoogaa cadaadis ah.
- Takhtarku wuxuu dhaqaajinayaa tubbada si uu wadnahaaga uga arko xaglo kala duwan.
- Mowjado dhawaaq ayaa shaashad ku muujinaya sawirrada wadnahaaga.
- Waxaa laga yaabaa in aad maqashid dhawaaqyada dhiigga wadnahaaga dhex maraya.
- Tubbada ayaa lagaa soo saarayaa.
- Natiijooyinka baaritaanka takhtarkaaga ayaa loo diri doonaa. Takhtarkaagu wuxuu kula wadaagi doonaa natiijooyinka.

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.

Baaritaanka kadib

- Waxaa la hubinayaa xaddiga garaaca wadnahaaga iyo cadaadiska dhiigga.
- Daawadii waqtigii baaritaanka lagu siiyey hurdo ayey ku galinaysaa. Waxaad u baahan doontaa qof weyn oo qoyska ka tirsan ama saaxiib inuu guriga kuu kaxeeyo iyadoo ammaan kuu ah.
- Waxna ha cunin hana cabbin ugu yaraan 2 saacadood baaritaanka ka dib.
- Baabuur ha wadin ama ha isticmaalin qalab koronto ku shaqeeya inta maalintaas ka hartay oo dhan.
- Aalkolo ha cabbin inta maalinta ka hartay.
- Hungurigu inuu ka xanuuno ayaa laga yaabaa. Cabitaanno qabow ama lozenges ayaa laga yaabaa iney ku caawiyaan.
- Seexo haddii aad dareento inaad lulmoonayso ama war-wareereyso.

Isla markiiba wac takhtarkaaga haddii aad isku aragtid:

- Xanuun daran
- Neeftu kugu gaabato
- Dhiigbax

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

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