Echocardiography Lab

Discharge Instructions – Transesophageal Echocardiogram

You have received the following Anaesthetic that is checked ( )

☐ **Local/Oral Anesthetic -** You may be asked to swallow an oral anesthetic and/or your throat may be sprayed with anesthetic. It is common to feel: mild and temporary numbness of the mouth and throat, swallowing may be difficult for a few hours, **do not eat or drink for two hours post procedure or until your gag reflex has returned.**

☐ **IV Sedation -** Medications given through your intravenous to relax you and decrease anxiety while you are still awake. It is common to have trouble remembering what happened during your procedure, and/or feel tired for the rest of the day. You must return home with a responsible adult who will remain with you overnight. You should not take public transit after the procedure. <u>With IV sedation, do not drive, use machinery or power tools or make important legal or financial decisions for the next 24 hours.</u>

Diet

A numbing gel or spray was used on your throat for the procedure. Do not eat or drink anything for 2 hours after your procedure. After 2 hours start with sips of water to be sure you are able to swallow well. Then start your regular diet. You may have a sore throat. Drink plenty of fluids to help your throat feel better. Do not drink alcohol for 24 hours after the procedure.

Activity

Get plenty of rest for 24 hours after the procedure.

Hygiene

You may shower the day following your procedure.

Medication

Take medications as prescribed by your doctor.

Follow Up

Return to see your doctor as directed.

CALL YOUR DOCTOR DURING OFFICE HOURS, OR GO TO THE NEAREAST EMERGENCY DEPARTMENT OR CALL 911 IF YOU HAVE:

1. Fever over 38.5°C or 101.3°F, or shakes and chills
2. Severe abdominal pain or abdominal distention
3. Shortness of breath or difficulty breathing, or heart rate over 100 bpm
4. Dizziness, light headedness or confusion, exhaustion, extreme weakness, sweating, pale/blue skin
5. Persistent nausea, vomiting, or vomiting blood
6. Difficulty swallowing

MARKHAM STOUFFVILLE HOSPITAL CORPORATION

Diagnostic Imaging Day Unit (905) 472-7373 ext.1521 (Mon-Fri 8:00am-3:00pm)