



CARDIOLOGY PATIENT INSTRUCTIONS

Echocardiogram (Echo)

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Cardiovascular Medicine 1st floor at Mankato Clinic
1230 East Main Street Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Cardiovascular Medicine Department.

If you are unable to keep your appointment or have questions, please call 507-389-8519.

What is a/an Echocardiogram (Echo)

An echocardiogram uses ultrasound (sound waves) and a camera to determine the size of your heart, how your heart valves are functioning and how well your heart is pumping.

How do I prepare for the test:

- Please contact your insurance company prior to your appointment to inquire about your coverage for this test. In the event that the Mankato Clinic cardiologist is out of the office, your test will be sent to Minneapolis Heart Institute (MHI) to read the results. You will receive a bill from MHI for reading the results and a bill from the Mankato Clinic for the actual test.
 - Echocardiograms for patients age 14 and under will be read by Children's MN.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their imaging appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- Day of test
 - Take all medications as usual unless otherwise instructed.

What will happen during the test:

- You will be given a gown to wear and will lie on your back and/or your left side. Warm gel and patches will be placed on your chest to aid in the transmission of the ultrasound waves.
- A handheld transducer (camera) will be firmly pressed on your chest and moved across your chest during the test. You may experience some discomfort from the pressure of the transducer.
- Several images will be taken of your heart and in some cases where the images aren't clear; you will be given an imaging agent called Definity through an intravenous needle (IV) in your arm to help make the images more clear.
- This test will take about 1 hour to complete.

Instructions for after your test:

- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.
- The IV will be removed from your arm.
- You may return to your normal activities immediately.