

Preparation Instructions

On the Day of Your Test:

- You may eat, drink, and take your medications as you normally would before the test.
- Avoid applying body lotions, creams, or powders to your chest before the appointment, as they may interfere with the test.
- Do not wear a Holter monitor or blood pressure monitor during the test.
- Arrive **15 minutes early** for your appointment and bring your **Ontario Health Care Card** and a **government-issued photo ID**. These are required to complete the test.
- If you need a translator, please bring one with you to your appointment.
- Children are not permitted in the lab area and cannot be left unattended in the waiting room.

Additional information:

- The test duration varies and may take up to **45 minutes** to complete.
- If you need to cancel or reschedule, please call **our office** at least **24 hours in advance**. Failure to notify us may result in a cancellation fee.

What is an echocardiogram?

An echocardiogram (or echo) uses ultrasound to create images of the heart. The sound waves show the function of your heart valves, the pumping action of your heart, and can detect any abnormalities. Please note that the small arteries of the heart or coronary arteries are not assessed by echocardiogram.

A copy of your test findings will be sent to your referring and/or family doctor who can discuss the results with you.

What will happen during the test?

You will be asked to undress from the waist up and given a gown to wear.

Lying on an exam bed, a sonographer will place sticky electrodes on your chest to record your heartbeat.

A water-based ultrasound gel will be put on your chest and a transducer device will be moved across your chest to create the images.

You will be asked to turn to your side and may feel slight pressure as the device is positioned to get the best images of your heart.