



Name: _____

T.E.E. (Transesophageal Echocardiography Exam)

The following information is a brief of T.E.E. If you have any questions after reading this information, please speak with your nurse.

WHAT IS A T.E.E.?

- T.E.E. (Transesophageal Echocardiography Exam) is a specialized type of heart examination in which soundwave (ultrasound) images are obtained from a device called a transducer placed in the esophagus behind the heart.
- The transducer, mounted on the tip of a probe (similar to a gastroscope), sends and receives waves reflected from the heart.
- The reflected sound waves are processed by a special computer that shows an image of the heart on a video monitor.
- T.E.E. gives very high quality images of the heart that cannot be obtained via the conventional echocardiogram with the transducer being placed on the chest. The T.E.E. is used to see parts of the heart and aorta that are not visible on the conventional echocardiogram.

WHAT INFORMATION DOES A T.E.E. REVEAL?

- To gather information about congenital heart disease.
- To evaluate abnormal (blocked, leaking or infected) or replaced heart valves.
- To determine if there is a suspected blood clot in the left side of the heart (especially in patients with atrial fibrillation).
- To diagnose possible causes of stroke (such as blood clots or plaque in the aorta (the large artery leaving the heart)).



WHERE IS THE T.E.E. DONE?

- Echocardiography Laboratory/Non-Invasive Cardiology Suite, 2nd floor of Tisch Hospital.

HOW LONG DOES IT TAKE?

- The time spent in the laboratory will be about one hour; however, the transducer is generally inserted for less than 10 minutes.

WHAT PREPARATION IS NEEDED?

- Do not eat or drink anything for at least six hours before the examination.
- Your nurse will give you scheduled medications which must be taken. You can swallow them with a small sip of water.
- Escort staff will take you in a wheelchair or stretcher to the test.

WHAT HAPPENS DURING THE T.E.E.?

- Your throat will be sprayed with a liquid to numb the back of your throat.
- You will be positioned on your side while the probe is inserted into your mouth so it can slide down your esophagus.
- A suction device (*like the one your dentist uses*) may be placed in your mouth to remove saliva.
- Gagging for a moment is normal, but you should feel very little discomfort as the doctor inserts the probe and transducer into your esophagus.
- Once the exam is completed, the probe will be gently removed.

WHAT HAPPENS AFTER THE T.E.E.?

- You will probably feel numbness in the back of your throat because of the local anesthetic. This will last about 1 1/2 hours.
- You should not eat or drink anything for at least one and a half hours or until the numbness subsides.
- If you received a sedative (*not routinely necessary*) you may require an additional period of observation. Your nurse will give you specific instructions about this.



PATIENT & FAMILY EDUCATION / NYU Medical Center

- If you have any further questions or concerns about your upcoming T.E.E. exam please don't hesitate to talk to your physician and/or nurse about them.

SPECIAL INSTRUCTIONS OR QUESTIONS
