



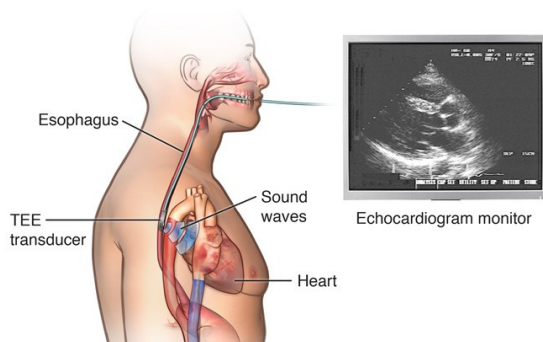
# HEARTFUL CARDIOLOGY

## Transesophageal Echocardiogram (TEE) with Cardioversion

**What is a TEE?** A TEE is a procedure that uses ultrasound (sound waves) to create moving pictures of your heart. It allows your doctor to see how your heart valves are working, how your muscle is moving, and how blood is flowing. During this procedure, your doctor will place a probe into your esophagus. They will be able to get detailed pictures of your heart because your esophagus is directly behind your heart. These pictures help to ensure no blood clots are seen before proceeding with the cardioversion.

**What is a cardioversion?** If during the TEE, the doctor discovers your heartbeat is irregular, he may then proceed with a cardioversion. A cardioversion is a procedure that helps to restore an irregular heartbeat (arrhythmia) to a normal heart rhythm through electrical shock. This is a painless procedure as you will be under some sedation.

**Two Types of arrhythmias:** Atrial fibrillation and atrial flutter. In both types, the upper chambers of the heart beat very fast or “quiver”. Less commonly, your lower chambers of your heart (ventricles) may also beat very fast or “quiver”. The aim of the cardioversion is to electrically reset the heart’s abnormal rhythm. Due to this irregular heartbeat, you may experience, dizziness or blackouts, shortness of breath, tiredness, and or chest pain.



## Patient Instructions:

1. No food or drinks after midnight-water only
2. Diabetics hold your insulin/meds the morning of the procedure. If you take insulin, take only half dose the night before the procedure
3. DO NOT hold blood thinners or blood pressure medication. Proceed with normal dose.
4. If you have an ICD, please notify provider.
5. Shower with soap and water prior to procedure, but do not apply lotions or oils

## What to Expect Post Procedure:

**\*How long after TEE do I have to stay in the hospital?** If no cardioversion was needed, you can leave once the procedure is complete. You will need someone to drive you home. If a cardioversion was needed, you will go home within several hours or next day depending on the outcome.

**\*How much pain will I be in?** You may experience slight pain or discomfort from the esophageal tube. If you had a cardioversion, you may feel drowsy from anesthesia, and have a sensitivity reaction at the site in which the sticky pads were placed for the cardioversion. Please notify doctor if symptoms are prolonged or severe.

**\*Restrictions?** You may resume normal activity after you are discharged.

