

## Echocardiogram

An echocardiogram, also known as an 'echo', is a non-invasive test.

Echoes are performed by highly specialised cardiac physiologists.

Your appointment will take between 15 – 45 minutes.

The detailed echo report we produce will allow your doctor to evaluate and monitor your heart's health.



## Why have an echo?

An echo is a safe way to check your heart for the following reasons:

- Palpitations
- You are breathless or experiencing symptoms at rest or during exercise
- To look for causes of a heart murmur
- To check the size of heart chambers
- To check for fluid around the heart
- To check that the muscle of the heart is the right thickness and is pumping correctly
- You are experiencing cardiac symptoms post COVID-19
- You have Hypertension (High blood pressure)

*You can also refer yourself for an echo, for reassurance that your heart is healthy as part of your own health well-being.*

## Before your appointment

No special preparations are needed for your echo. You may eat and drink as normal and continue to take your usual medications\*

*\*It may be helpful to bring a list of current medications*



## What to expect on the day

On entering the clinic you will be asked to confirm your details and we will explain the test.

After removing all clothing from your top half, 3 ECG electrodes (small, flat, sticky patches) will be placed onto your chest/back and you will be asked to turn onto your left hand side.

A gel is applied to help the sound waves reach your heart and allows the probe to be moved freely. We will scan different areas of your chest around your heart.

The test is intimate as the physiologist will be close to you and have their arm around you.

Afterwards the physiologist will explain how the results will be sent.

Once you have left the clinic you are free to enjoy your day as normal.

## How and when will I get my results

Your report will be sent out within 3 working days. All self-referral results will be reviewed by our cardiologist. We advise that you phone your GP practice to confirm they have your results before making an appointment. If you have been referred by a consultant, the results will be returned to them. If you have self-referred a copy will be sent to yourself and your GP via secure email. A paper copy can be requested.

We hope this information helps you make an informed decision on booking a scan. Please contact us to ask any questions you may have.

**An echo costs £250.00**  
Book online or by telephone



**Available in Large Print,  
and other languages**