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Transesophageal Echocardiogram (TEE) / Cardioversion (CV) Patient Instructions

You are going to be scheduled for:

TEE / TEE/CV / CV

Call our office if you have questions about the test before getting a scheduled appointment. When you have your appointment scheduled, then you may call the hospital with your questions regarding time and address.

Once you have your appointment, please complete your labs 72 hours before the test. If your test is on Monday, you may complete your labs on Friday.

If you get a reminder text or call about your procedure being scheduled at the office, **please disregard** it as this is to make sure the doctor's schedule is blocked for the procedure.

If you are on a medication called Dulaglutide (Trulicity), Exenatide IR (Byetta), Exenatide ER (Bydureon BCise), Liraglutide (Victoza or Saxenda), Lixisenatide (Adlyxin), Semaglutide (Ozempic, Wegovy, Rybelsus) or Tirzepatide (Mounjaro), you will need hold this 1 week prior to your procedure time.

If you are on a medication called Invokana, Invokamet, Farxiga, Xigduo XR, Jardiance, Glyxambi or Synjardy, hold this medication 3 days before your procedure.

If you are on a medication called Ertugliflozin, hold this medication for 4 days prior to the procedure.

You will get a call from the hospital usually the day before your procedure and at times it may be late in the evening. This is to make sure you have no questions and that the instructions are given to you properly.

INOVA Fairfax

Your procedure will be done at the Heart and Vascular Institute at Inova Fairfax Hospital. You will need to arrive one hour before your scheduled appointment time.

The Heart and Vascular Institute is located on Wellness Boulevard on the main hospital campus (3300 Gallows Road, Falls Church) and is adjacent to the Gray parking garage.

From Gallows Road you will turn onto Woodburn Road. From Woodburn is the Cardiac Diagnostic Lab check-in located on the 1st floor. If you park in the gray garage, park on the third level of the garage that will take you to the ground floor of the hospital. Once you walk into the hospital from the garage, you will go down the hall and make a left as soon as you are able. There will be elevators to the left. Take the elevator to the first floor. Once you come out of the elevator make a left. You will then make your first left down the hallway which is across the Heart Healthy Cafe. Once you make a left to the hallway, you will see Cardiac diagnostics on the left.

Pre-procedure instructions

- ☐ Bring picture ID, insurance card and co-pay if applicable
- ☐ Dress in loose fitting comfortable clothes
- ☐ Please do not wear any jewelry or metal of any kind
- ☐ Leave valuables at home, except for anything that would be important or necessary to have with you
- ☐ No solid foods 8 hours prior to procedure time. You may have clear liquids up to 4 hours prior to procedure time.
- ☐ NO LASIX OR DIABETIC MEDICATION MORNING OF PROCEDURE.
- ☐ If you are medication called Dulaglutide (Trulicity), Exenatide (Byetta), Liraglutide (Victoza), Ozempic, Rybelsus or Tirzepatide (Mounjaro), you will need hold this 1 week prior to your procedure time.
- ☐ If you are medication called Jardiance or Farxiga, hold this medication 3 days before your procedure.
- ☐ You may have sips of water to take all of your other morning medications.
- ☐ Please note someone will need to drive you home. You will not be able to use Uber/Lyft/Taxi etc.
- ☐ Once appointment scheduled, please call the hospital with any questions at 571-472-2900.

VHC procedure will be done at the Virginia Hospital Center. You will need to park in parking garage in Zone A. You will need to arrive two hours before your scheduled appointment time. VHC is located at 1625 N. George Mason Drive.

Directions to Zone A can be found on the attached campus map. You will check in with the cardiopulmonary unit located on the 1st floor.



Pre-procedure instructions

- ☐ Bring picture ID, insurance card and co-pay if applicable
- ☐ Dress in loose fitting comfortable clothes
- ☐ Please do not wear any jewelry or metal of any kind
- ☐ Leave valuables at home, except for anything that would be important or necessary to have with you
- ☐ Nothing to eat or drink after 12 AM.
- ☐ NO LASIX OR DIABETIC MEDICATION MORNING OF PROCEDURE. You may have sips of water to take all of your other morning medications.
- ☐ Please note someone will need to drive you home. You will not be able to use Uber/Lyft/Taxi etc.
- ☐ For any questions, please call the hospital at 703-558-5545

WHAT IS A TRANSESOPHAGEAL ECHOCARDIOGRAM (TEE)?

A transesophageal echocardiogram (TEE) is a procedure where the provider inserts a probe down the esophagus to get clear images of the heart. The probe has a transducer, which is able to capture images of your heart by sitting behind the swallowing pipe. This echocardiogram is more detailed and accurate than routine echocardiograms performed. Our providers at Amelia Heart and Vascular Center perform transesophageal echocardiograms at affiliated hospitals, including INOVA Fairfax and Virginia Hospital Center.

WHY DO WE USE TEE? Transesophageal echocardiogram (TEE) is performed to diagnose certain heart conditions and/or to rule out blood clots in the heart. The TEE provides a very clear and detailed imaging of the heart structure and function and is more detailed than 2-D echocardiograms.

BEFORE & DURING PROCEDURE

Within 48 hours of the procedure, you will need to perform lab work at Quest or Labcorp. Your lab prescription will be provided by your provider. During the TEE, you will be given medication per anesthesia that will help you relax and your throat will be numbed with a gel or spray. The physician will then place a flexible tube into your mouth. They will then move the probe down your throat and into your esophagus. This allows very clear images because the heart sits right in front of your esophagus. The tip of the probe will produce sound waves to create clear images of your heart. The physician can move the probe around to capture different angles of your heart. You may feel the probe but it will not be painful; the procedure takes no longer than one hour.

AFTER THE PROCEDURE

You will be monitored in the recovery room after the procedure and will be sent home the same day. You will need someone to drive you home. You may feel some soreness in your throat and can take OTC throat lozenges (such as Haul's) and warm liquids. You should refrain from drinking or smoking for 24 hours. You will be able to resume normal activities within 24 hours.

WHAT TO EXPECT WHEN YOU GO HOME

You had a cardioversion today. This is an electrical shock applied to the chest. The shock reset your heart rhythm back to normal. Your chest muscles may feel sore for a few days. Some redness may appear on the skin on your chest where the cardioversion patches were applied. That should go away within 1 week.

Depending on the medicine you were given to help relax and reduce during the procedure, it could take from a few minutes to several hours for the effect to wear off.

Patient Name:

Date:

Date of Birth:

Lab Order

Ordering Provider:

AREHZO JAHANGIRI, MD

6136 Brandon Ave, Springfield VA 22150

Phone: (703) 866-3131

Fax: (703) 866-3133

Orders included: 2

Pre-surgery evaluation | ICD-10: Z01.818: Encounter for other preprocedural examination

CBC W/ AUTO DIFF | BILL: Third Party

BMP, SERUM OR PLASMA | BILL: Third Party

Fasting

- None Needed

• 8 HR

• 12 HR

Electronically Signed by: AREHZO JAHANGIRI, MD

A handwritten signature in cursive script, appearing to read 'Jahangiri', is positioned below the electronic signature line.