



# NEWCASTLE ADULT & PAEDIATRIC HEART CENTRE ECHOCARDIOGRAPHY

## CONSUMER INFORMATION

### SALINE CONTRAST ECHOCARDIOGRAM

The imaging procedure you are about to have will require an injection of agitated sterile saline to better to assess the flow of blood within the heart. The saline contains no dye and there will be no reaction to the procedure, however, you will be required to have a cannula inserted into a vein in your arm. A doctor will be present and will administer the injection of saline contrast. A standard echocardiogram will be performed prior to the contrast study.

#### What to expect

You will be weighed and your height measured prior to the procedure.

You will be shown into the ultrasound room.

Once the procedure has been explained by the sonographer/doctor you will be given privacy to undress from the waist up. A gown/sheet is available for privacy. An intravenous cannula will be inserted into a vein in your arm to allow saline injection. You will be required to lie on an examination bed, positioned lying on the left side to allow the best possible images to be obtained. A jelly like substance (Gel) is then placed on your skin on to the area of interest. This allows transmission of the sound waves into your body. The probe produces sound waves that will form the images. There is usually no discomfort but occasionally firm pressure is needed to be applied to the transducer to achieve a satisfactory study, this could result in slight discomfort for a very short time. When a satisfactory image has been achieved saline will be injected through the cannula and images recorded of flow through the heart. You may be asked to perform a valsalva manoeuvre during the procedure, such as taking a large breath and bearing down. You will receive clear instructions from the sonographer and cardiologist.

Once the procedure has been performed, the cannula will be removed, the Gel wiped off and you will be given privacy for getting dressed. **You should not lift heavy weight with the arm in which the cannula was inserted for 48 hours.**

#### In summary

- There are no preparations for the procedure.
- There are no known risks associated with the procedure.
- You will be told what to do by the sonographer/doctor prior to your procedure.
- A standard scan takes approximately 30 – 40 minutes.

#### Results

Your scan will be read and reported by a cardiologist. The report will then be sent to the referring doctor. The images are digital and are saved to our ultrasound machine. The results should be at your doctors rooms within five working days of your scan. However we can fax a preliminary report prior to this if necessary. The Cardiologist will give you the result on the day of the test, however you should discuss these findings with your referring doctor.