

Patient Information

## Department of Cardiac Investigations

# Discharge advice after your Transoesophageal Echocardiogram (TOE)

- It is important to arrange for a family member or friend to drive you home regardless of whether we have given you sedation (a relaxing medication injection) for the scan
- If you have been given sedation, you will have been kept in for 2-3 hours after the procedure to help you recover hence you should feel alert and well when discharged, but it is still advisable to take things easy for the next 24 hours.
- You may experience a sore throat or notice a small amount of bleeding or bruising for up to 48 hours after the procedure
- With regards to eating and drinking, you can recommence cold drinks and food 1½ hour after the end of the procedure (in your case at \_\_\_\_\_) and hot food and drink 3 hours after (in your case at \_\_\_\_\_)

A full report will be sent to your referring specialist who will then communicate this with you and your GP

If you have any questions or any other concerns about your Transoesophageal Echocardiogram, please contact our Cardiology Bookings Team on 02476 965767 or your own GP

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5635 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email: [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

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