

PREPARATION INSTRUCTIONS

Preparing for your echocardiogram

An echocardiogram – or “echo” – is a safe, painless ultrasound of your heart. It shows your heart’s size and structure, how well the valves are working, and how effectively it’s pumping. Your scan is done at an I-MED Radiology clinic, and the good news is there’s almost nothing to do beforehand.

**30–45 min**

a relaxed appointment

**No radiation**

sound waves only

**No fasting**

eat & drink normally

1 How it works

- 1 **We email your i-screen referral** along with instructions for your scan.
- 2 **Book your scan at a local I-MED Radiology clinic** – choose a location and time that suit you.
- 3 **Get your results.** Your scan is reviewed by a qualified medical professional and appears in your secure i-screen dashboard, and is sent to your referring clinician.

2 Before your scan

A standard echo needs no special preparation – just a few small things to make it comfortable.

- **No fasting and no diet changes.** Eat, drink and have your usual coffee as normal – there are no food, caffeine or alcohol restrictions.
- **Keep taking your usual medicines** unless your doctor tells you otherwise, and let the team know what you take, including supplements.
- **Wear a comfortable, two-piece outfit.** You’ll undress from the waist up and wear a gown, so a separate top makes it easier. Leave necklaces at home or be ready to remove them.
- **Bring your i-screen referral** and your Medicare card to the clinic.

Good to know: small sticky electrodes go on your chest during the scan. If your skin is sensitive, the adhesive may leave a little redness for a short while – nothing to prepare for, just so you’re not surprised.

3 On the day

The scan is painless and takes about 30–45 minutes. The room is dimmed so the sonographer can see the screen clearly.

- 1 You undress from the waist up, put on a **gown**, and lie on the exam table. Small **electrode stickers** go on your chest so your heart rhythm is recorded alongside the images.
- 2 The sonographer applies **warm gel** and moves a small probe over your chest with gentle pressure. You'll mostly lie on your **left side**, and may be asked to breathe in, out, or hold your breath for a moment.
- 3 You might hear a **whooshing sound** – that's blood moving through your heart, and it's completely normal. Occasionally a little contrast (agitated saline) is given through a vein to show the chambers more clearly – only if it's needed.
- 4 Afterwards the gel is wiped off and the stickers removed (a slight tug, like a plaster). You can **drive and return to normal activity** straight away.

4 Your results

Your scan is reviewed by a qualified medical professional and your report appears in your secure i-screen dashboard with a clear explanation. It's also sent to your referring clinician.



This scan isn't for emergencies

If you have chest pain, severe breathlessness, fainting or other urgent symptoms now, don't wait for a scheduled scan – call 000 or go to your nearest emergency department.

An echo uses no radiation and is considered very safe. Questions before your scan? Email us at **info@i-screen.com.au** and the team will be glad to help.