

TEE（经食管超声心动图）

TEE (Transesophageal Echocardiogram)

TEE is a test that uses sound waves (ultrasound) to show how the heart is working. The doctor guides a tube down the back of the throat and into the stomach. The end of the tube will be behind the heart. Pictures of the heart are taken.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive yourself home after the procedure.

Arrive on time for your test.

To Prepare

- Do not eat or drink anything, including water, after midnight before the test.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.
- If you have a replacement heart valve, you will be given medicine before the test.
- Before the test, tell the staff:
 - About any medicines you are taking. Include all prescription and over the counter medicines, vitamins and herbs you use.
 - If you have any allergies.
 - About your health history and any surgeries you have had.
 - If you may be pregnant.

TEE 是一项使用声波（超声波）显示心脏工作情况的检查。医生将探测导管从喉咙后部引入胃中。软管末端将位于心脏后方。在这个位置拍摄心脏照片。

检查结束后，您需要在成年家人或朋友的护送下回家。对您而言，术后自己开车回家是不安全的。

准时前来接受检查。

准备事项

- 检查前一天的午夜之后，请勿饮食，包括水。
- 向医生咨询检查当天上午是否应当服药。若需服药，请仅用少量水送服。
- 如果您曾接受心脏瓣膜置换术，需在检查前服药。
- 如有以下情况，请在检查前告知工作人员：
 - 关于您正在服用的任何药物。包括您服用的非处方药、维生素和草药。
 - 任何过敏情况。
 - 您的病史以及曾接受过的任何手术。
 - 您是否正在备孕。

During the Test

- You will wear a hospital gown.
- Staff will ask you to remove your dentures.
- An IV (intravenous) is put in a vein in your arm. Medicine may be given through the IV to help you relax.
- You lie on your left side and may fall asleep.
- You may be given oxygen through a small tube in your nose.
- Your heart rate, blood pressure and breathing are checked often.
- To numb your throat, you will be asked to gargle with a medicine or your throat will be sprayed with a medicine.
- As you swallow, the doctor guides the tube down the back of your throat. You may feel some pressure.
- The doctor moves the tube to view your heart from different angles.
- The sound waves show pictures of your heart on the screen.
- You may hear the sounds of the blood flowing through your heart.
- The tube is removed.
- Test results are sent to your doctor. Your doctor will share the results with you.

检查期间

- 会让您换上医院的罩衣。
- 如果您有假牙，工作人员会请您取出。
- 将给您的上臂静脉作 IV（静脉注射）。通过静脉注射药物来帮助您放松。
- 您采取左侧卧姿势接受检查，可能会入睡。
- 可能会通过一根经鼻小管向您输氧。
- 经常检查您的心率、血压和呼吸。
- 为了麻醉您的喉咙，您需要用一种药物漱口，或者向您的喉咙喷洒一种药物。
- 医生会在您吞咽时将导管向下引导至您的喉咙后侧。您可能会感到一定程度的压力。
- 医生会移动导管，从不同角度观察您的心脏。
- 声波将在屏幕上显示您的心脏图片。
- 您可能会听到血液流过心脏的声音。
- 切除阑尾。
- 检查结果会发送给您的医生。医生会告知您检查结果。

After the Test

- Your heart rate and blood pressure are checked.
- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- Do not eat or drink for at least 2 hours after the test.
- Do not drive or use power equipment the rest of the day.
- Do not drink alcohol the rest of the day.
- Your throat may be sore. Cold drinks or lozenges may help.
- Lie down if you feel lightheaded or dizzy.

Call your doctor right away if you have:

- Severe pain
- Shortness of breath
- Bleeding

Talk to your doctor or nurse if you have any questions or concerns.

检查之后

- 医生会监测您的心率和血压。
- 检查期间服用的药物会让您犯困。为了安全起见，您需要在成年家人或朋友的护送下回家。
- 检查之前至少 2 个小时不要吸烟。
- 检查当天的其余时间请勿驾驶或使用动力设备。
- 检查当天的其余时间请勿喝酒。
- 您的喉咙可能感到酸痛。冷饮或锭剂可能有助于缓解。
- 如果感到头晕或晕眩，请卧床休息。

若出现以下情况，请立即致电医生：

- 剧烈疼痛
- 呼吸急促
- 出血

如果您有任何疑问或疑虑，请咨询您的医生或护士。