

TEE (Transesophageal Echocardiogram)

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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 waa baaritaan adeegsada mawjadaha dhawaaqa (altarsoon) si loo muujiyo shaqada wadnaha. Dhakhtarka ayaa tuubo kaa gelinaaya dhuunta illaa caloosha. Afka tuubada ayaa gaaraaya dhabarka wadnaha. Sawirada wadnaha ayaa la qaadayaa.

Xubnaha qoyska ama saaxiib qof wayn ay ayaa loo baahan yahay inuu kusoo raaco si uu guriga kuugu kaxeeyo baaritaanka kadib. Amaan maaha inaad adigu gaari guriga u wadato baaritaanka kadib.

Imoow xiliga baaritaanka.

Si aad U diyaargarowdid

- Ha cunin ama cabin waxba, ayna ku jiraan biyo, illaa saqda dhexe habaynka ka horeeya maalinta baaritaanka.
- Waydii dhakhtarkaaga haddii aad cuni karto daawo subaxa baaritaanka. Haddii ay saas tahay, ku cun kabooyin biyo ah.
- Haddii ay kugu xiran tahay xalfaafka wadnaha oo badal ah, waxaad u baahan tahay in lagu siiyo daawo kahor baaritaanka.
- Kahor baaritaanka, u sheeg shaqaalaha:
 - Xog ku aadan daawooyinka aad qaadato. Kudar dhammaan daawooyinka lagu qoray iyo kuwa qandho jabinta, feetamiinnada iyo daawo dhaqameedka.
 - Haddii aad qabto wax xasaasiyado ah.
 - Xog ku aadan taariikhda caafimaadkaaga iyo qaliinada aad soo martay.
 - Haddii aad uur yeelan karto.

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.

Inta lagu jiro Baaritaanka

- Waxaad xiranaysaa shuluga isbitaalka.
- Shaqaalaha ayaa kuusheegi doona inaad iska siibto waxyaabaha aad xiran tahay.
- Tuubada IV (intravenous) ayaa la surayaa xididka gacantaada. Daawada ayaa lagugu siin karaa IV si ay kaaga caawiso inaad nasato.
- Waxaad u jiifsanaysaa dhankaaga bidix waadna gami' kartaa.
- Waxaa lagu siin karaa oksijiin aad ka qaadanayso tuubo sankaa la gelinaayo.
- Xawaaraha wadnahaaga, dhiig karka,iyo neefsiga ayaa si joogto ah loola soconayaa.
- Si loo kabuubyeeyo dhuuntaada, waxaa laguu sheegi doonaa inaad daawada cunto ama waxaa lagu buufinayaa dhuuntaada.
- Markaad laqdo, dhakhtarka ayaa tuubada gelinaaya dhabarka danbe ee dhuuntaada. Waxaad dareemi kartaa cadaadis.
- Dhakhtarka ayaa tuubada gelinaaya si uu wadnahaaga uga fiirsho geesaha kaladuwan.
- Mawjadaha codka ayaa muujinaaya sawirada wadnahaaga oo ka muuqda shaashada.
- Waxaad maqli kartaa dhawaaqyada qulqulka dhiiga maraaya wadnahaaga.
- Tuubada ayaa lagaa saarayaa.
- Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.

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.

Baaritaanka kadib

- Garaaca wadnahaaga iyo cadaadiska dhiiga ayaa la hubinayaa.
- Daawooyinka la siiyo inta lagu jiro baaritaanka ayaa hurdo kugu ridaaya. Waa inuu qof wayn oo qoyskaaga ah ama saaxiib uu guriga kuu qaadaa si badqabkaaga loo dhawro.
- Wax ha cabin ama cunin ugu yaraan 2 saacadood kadib baaritaanka.
- Gaari ha wadin ama ha adeegsan qalabka korontada inta maalinta kahartay.
- Ha cabin khamri muddada maalinta ka hartay.
- Dhuunta ayaa ku xanuuni karta. Cabitaan qaboow ama lozenges ayaa ku caawin kara.
- Seexo haddii aad dareento madax dilaan ama caajis.

Soo wac dhaqtarkaaga isla markaas haddii aad qabto:

- Xanuun daran
- Neefta oo ku yaraata
- Dhiig bax

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.