



## Summit Medical Group Heart Center

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### Important Information to your physician for the diagnosis and treatment of Cardiac Symptoms.

An Echocardiogram is an ultrasound of the heart which provides images that demonstrate the structure and function of the heart. The heart muscle and its function will be visualized. The structure and function of each valve and blood flow through the valves and into the chambers of the heart will be evaluated. Measurements of the heart, thickness of the walls of the heart, size of the chambers and cardiac pressures will be performed.

A registered cardiac sonographer will perform the Echocardiogram. The patient will need to be on a table on their left side with the left arm up. During the test a transducer with gel will be moved over the chest to obtain images. The patient may be asked to hold their breath in or out in order to obtain the images. There will be various heart sounds as the valves are examined. The test will take approximately 30 (thirty) minutes. There is no preparation or special attire for the test and the patient may take their medications as they normally would.

All information obtained by the sonographer is reviewed by a cardiologist and a dictated report will be sent to the referring physician. The sonographer is unable to give the patient their interpretation of the test.

In some instances your physician may recommend:

**A Stress Echocardiogram.** In this test a resting echocardiogram will be performed. The patient will then exercise on a treadmill and echo images will be obtained immediately after exercise. This test is performed by a cardiologist and sonographer. The Stress Echocardiogram will allow for comparison of rest and post exercise heart function. The patient will need to bring sneakers or rubber soled shoes for exercising on the treadmill. Have nothing to eat for 4 hours before the test, and the patient may be asked to hold a beta blocker (if they take one) for a period of time before the test

**A Contrast Echocardiogram.** In this test an Echocardiogram will be performed and an IV will be started in the arm to allow for the injection of a contrast material. The contrast material will provide additional visualization and information for areas of specific interest. There is no preparation or special attire for this test and the patient may take their medications as they normally would. There is no reaction or side effect from the contrast material.

A combination of **Stress Echocardiogram with contrast material.**