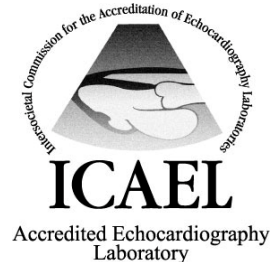


## ECHOCARDIOGRAM (echo)

This is an ultrasound test of your heart that requires you to lie on your left side (and briefly on your back as well) for approximately 30 - 45 minutes although you should plan on *spending at least one hour from your arrival at the office* until you leave.

Our echocardiography laboratory was one of first one thousand echocardiography laboratories in North America to be so recognized for its commitment to high quality patient care and its provision of quality diagnostic testing. The echo lab in the offices of Drs. Caren and Urman, COR Medical Group, Inc. was granted accreditation by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL) in 2008. Dr. Urman, among the first board-certified echocardiography specialists at Cedars-Sinai Medical Center in 1996, is the medical director of the laboratory. Participation in the accreditation process is voluntary. Accreditation status signifies that the facility has been reviewed by an independent agency which recognizes the laboratory's and Drs. Caren and Urman's commitment to quality testing for the diagnosis of heart disease.



**Echocardiography** is a technique that uses sound waves to create pictures of the heart. These pictures allow physicians the ability to assess the valves of the heart as well as the size and function of the chambers. Your doctor may ask you to have an echo in order for the cardiologist to\*:

- Assess the overall function and size of your heart.
- Determine the presence of many types of heart disease. This can include conditions such as valvular heart disease [when valves leak too much (regurgitation) or do not open adequately (stenosis)], myocardial disease (heart muscle problems that often cause congestive heart failure), pericardial (the lining around your heart or "bag" that your heart lies in) disease, cardiac masses (things that should not be in your heart) and congenital heart disease (abnormalities of the heart present since birth).
- Follow the progress of valve disease or heart failure over time.
- Evaluate the effectiveness of medical or surgical treatments.

\*While these are the most common reasons, other reasons might obviously lead to appropriate testing.

### Preparation

There is no special preparation for this test but you should dress in loose, comfortable two-piece clothing and you may want to avoid a large meal for 2 hours before the test for your own comfort. Please take your usual medications as prescribed by your physicians.

### Procedure

A cardiac sonographer (echo technician) will ask you to remove your clothing from the waist up and change into an examination gown. Electrodes will be placed on your chest to allow the echo tech to monitor your heart's electrical activity during the study. You will be asked to lie on your left side on a special ultrasound table. The sonographer will place a hand-held wand (a scanning device called an ultrasound transducer) on several areas of your chest. The wand will have a small amount of clear gel on the end. The gel may feel cool, but will not harm your skin. You will hear some sounds during the examination, which is part of the normal Doppler signal (which measures actual blood flow). The test will take between 30 and 45 minutes to complete.

**Please take your usual medications unless instructed by your physician. DO NOT DISCONTINUE ANY MEDICATION without first talking with your physician.**

For more information visit:  <http://www.cardiosmart.org/HeartDisease/CTT.aspx?id=176>

or:  <http://www.asecho.org/i4a/pages/index.cfm?pageid=3326>  
[www.seemyheart.org](http://www.seemyheart.org)

If you have any questions about the above test that your doctor has recommended for you or you are scheduled for, please feel free to call our office at (310) 659-0714 or visit our website at [www.CORMedicalGroup.com](http://www.CORMedicalGroup.com)

Thank you