Your doctor has scheduled you for a special type of study — a cardiac ultrasound, also called an echocardiogram. This brochure explains the procedure so you know what to expect.

ABOUT CARDIAC ULTRASOUNDS

Cardiac ultrasound provides your doctor with an opportunity to study your heart by directing sound waves through your body. A specialized instrument, called a transducer, is held on various areas of your chest, including the breast area. This transducer emits sound waves which create images of your heart's structure and movement that can be viewed on a video screen.

PREPARATION

No special preparation is required before this procedure. You may eat and drink as usual. Please be sure to take all medications according to your normal schedule.

A note for parents whose children are scheduled for cardiac ultrasound studies: if your child is very young, please bring a bottle or pacifier with you. For older children, you may wish to bring a favorite toy or a video. These items may help relieve your child's anxiety about the test.

Please allow an hour and fifteen minutes for your appointment.

REGISTRATION

When you arrive at the Regional Heart Center, please check in at the registration desk to verify personal and health benefits information.

A note to inpatients: while you are hospitalized, your nurse will guide you through all preparations, and will arrange for your transportation to and from the Regional Heart Center.

PROCEDURE

After you are registered, you will be asked to change into an examination gown.

Next, you will be taken to the testing area, and be helped onto the examination table. At this time, the cardiac ultrasound technologist will answer any questions you may have regarding the procedure.

Once you are comfortably settled, the technologist will apply some warm gel to your chest. This gel helps the transducer move easier and record sharper images of your heart.

You may experience mild discomfort from the pressure applied to obtain the best results. You will also notice that the lights in the room will be turned low during the study to provide a better view of the screen.

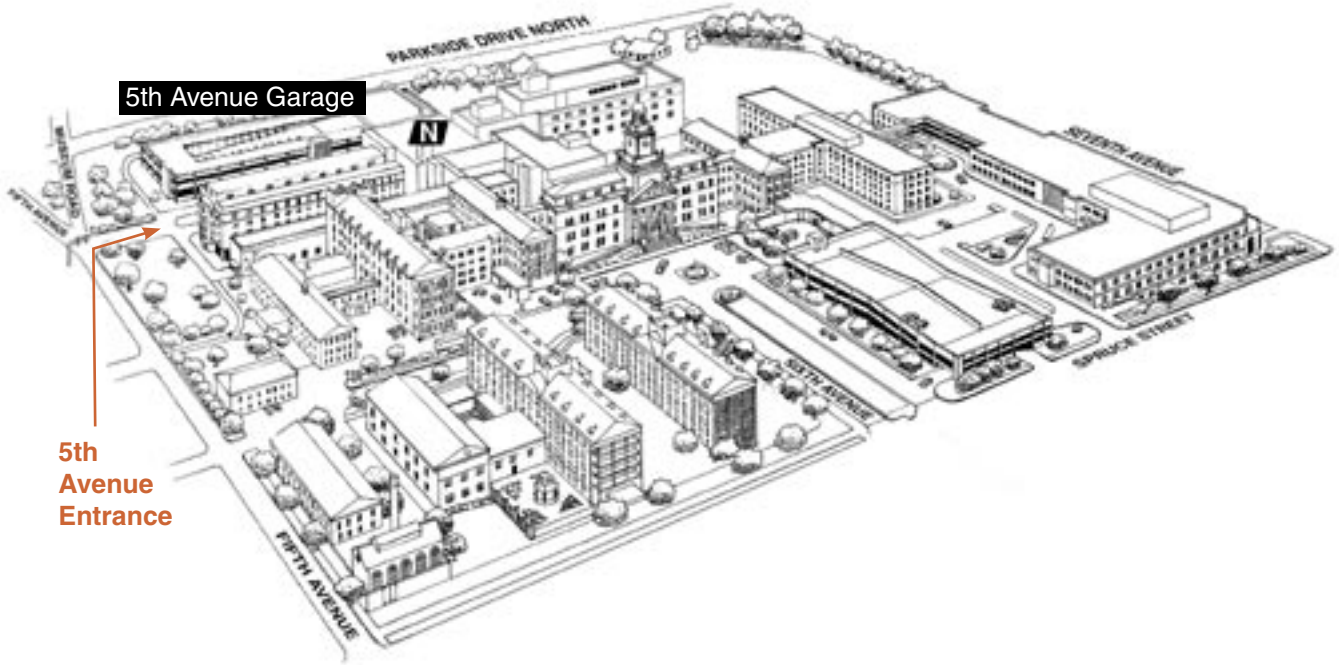
Once the study begins, it is important for the technologist to concentrate on you and the equipment. So we must ask that talking at this point be kept to a minimum.

When the study is done, the technologist will be happy to answer any other questions you may have. Please note that the technologists do not read the studies, so they cannot tell you the results.

FOLLOW-UP

A cardiologist — a physician specializing in the study and care of the heart — will review your study. The results will be sent to your doctor, who will discuss the findings with you at your next appointment.

If you have any questions, or need to cancel your appointment, please call 610-988-8052.



Directions

The Reading Hospital Regional Heart Center is located on the first floor of N-Building at our West Reading campus. You access N-Building from 5th Avenue at the traffic light; this driveway is marked with a large green sign that indicates parking for the 5th Avenue Garage, as well as the entrances for N-Building and R-Building.

Parking & Entrance

- You will be given a Regional Heart Center parking tag in advance of your appointment. Please hang this tag from your rearview mirror.
- Use the 5th Avenue entrance to our West Reading campus.
- For FREE valet parking, patient drop-off, or assistance, follow the driveway straight back and beneath the building to the valet station. The station will be marked in blue; our valets wear blue shirts.
- If you prefer to park your own car:
  - make the 1st left turn into the 5th Avenue Garage.
  - proceed up one level.
  - use reserved parking spaces marked with red Regional Heart Center symbols that match the symbol on your parking tag.
  - enter through the double glass doors on the left to the Regional Heart Center.
  - follow the hallway straight ahead and turn right at the brick wall.
  - take the next left turn into the registration area for the Regional Heart Center.

The Reading Hospital
Regional Heart Center
PO Box 16052
Reading, PA 19612-6052

Located at: Sixth Avenue and Spruce Street,
West Reading, Pennsylvania

Visit our website
www.readinghospital.org

4-4180 Revised 2.06

You are
scheduled for a

Cardiac Ultrasound

date: _____

time: _____

report to: Regional Heart Center
N-Building, 1st Floor

The Reading Hospital
Regional Heart Center