

Post-Transesophageal Echocardiogram (TEE) Instructions

After the TEE Procedure:

- You may have some difficulty swallowing right after the test. This will go away in a few hours.
- You can eat and drink again when your throat is no longer numb and your gag reflex has recovered. This will be approximately one to two hours after the procedure.
- You should avoid eating salad with your first meal after the test as the lettuce may become stuck in your throat.
- It is common to have a sore throat for a day or two after the test.
- You will need to have someone drive you home.
- Do not drive a motorized vehicle for the next 24 hours as the sedation can affect your driving skills.
- Do not drink alcohol for the next 24 hours.
- If you experience any of the following symptoms, please go to the nearest Emergency Department for assessment:
 - Discoloration of your skin or lips (blue and/or grey);
 - Shortness of breath;
 - Fatigue;
 - Lightheadedness;
 - Decreased level of consciousness; or
 - Other neurological signs and symptoms.

If you have any problems/concerns, please go to the nearest Emergency Department for examination.

If you have questions or concerns, you can reach the Cardiology department at 519-464-4400 Ext. 5282.