



**University
Hospitals Sussex**
NHS Foundation Trust

Discharge advice for patients following a transoesophageal echocardiogram (TOE)

Patient information

What happened during this procedure?

A transoesophageal echocardiography, or TOE, takes detailed pictures of your heart from your oesophagus (the tube that connects your throat to your stomach), which lies behind your heart.

This test is used to get closer and more defined images of the heart as it can detect things that are not as easy to see with a transthoracic echo which looks from the outside of the chest. A tube is put down your throat in order to take the pictures of your heart.

Will it hurt?

You may have a sore throat afterwards. Take paracetamol if you need to.

Should I limit my activities?

Please refrain from smoking or drinking alcohol for the rest of the day after this procedure.

If you had sedation, you must not drive a car, sign a legal document, or operate machinery for 24 hours following the procedure.

What happens next?

A report will be sent to your GP. Should the hospital doctor need to see you an appointment will be sent to you by post.

Please help yourself to any of the information booklets available in the day case unit, and feel free to chat to your nurse about any concerns you may have or any health education you feel you may benefit from.

Contact details for the Cardiac Care Unit

If you have any concerns specific to your cardiac procedure during your first week at home, please call the Cardiac Care Unit.

Telephone: 01273 696955, Ext. 64484.

You can call this number at any time.

For more general concerns, please contact your GP, or if it is an urgent health issue contact 111 for advice or 999 for paramedic assistance.

**This leaflet is intended for patients receiving care
in Brighton & Hove or Haywards Heath**

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