

**NOTES:**

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**RESOURCES:**

American Heart Association. (July 2015). Echocardiogram.  
Retrieved from [www.heart.org/HEARTORG](http://www.heart.org/HEARTORG)



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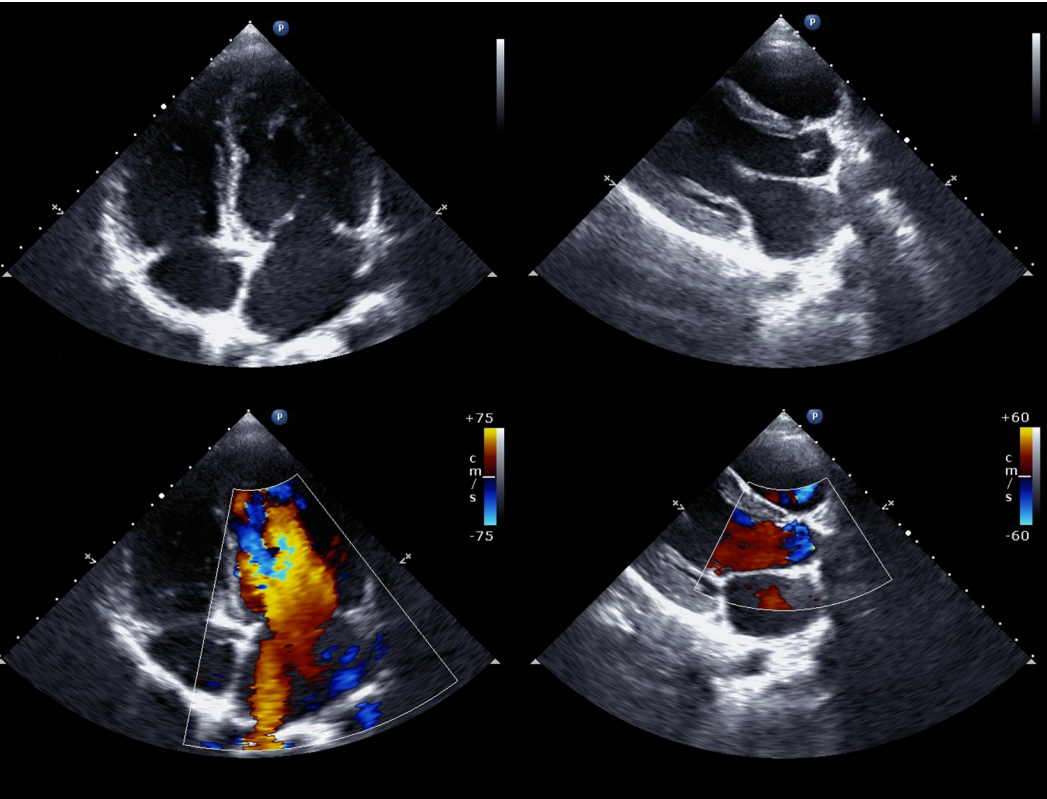
SO YOU'RE HAVING AN  
**ECHO**



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## WHAT IS IT?

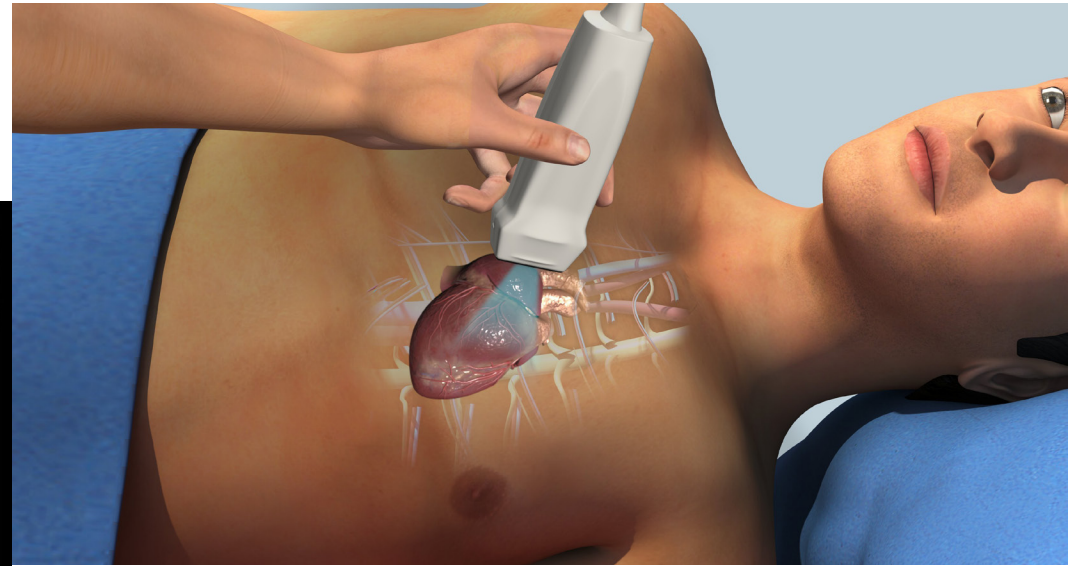
An echocardiogram (echo) uses sound waves (ultrasound) to take pictures of your heart.



## WHY?

An echo will show the structure and function of your heart. It could possibly show:

- Blood clots in the chambers of your heart
- Problems with your heart's chambers, valves, and blood vessels



## HOW?

An echocardiogram is done in the dark so that the technologist can better see the monitor. The technologist will put gel onto your chest that will help the sound waves pass through your skin. They will place a probe across your chest. The sound waves will produce a picture on the monitor. You may be asked to move or hold your breath briefly throughout the test. After the test, the technologist will wipe off the gel and your doctor will review the results.