



### What is a TOE?

A Trans-Oesophageal Echo (TOE) is a type of heart scan that uses ultrasound waves to generate pictures of the heart. It is done using a small wand, passed down the throat and into the oesophagus, providing better images of the heart without the breastbone and ribs blocking the view. Your child will be given a general anaesthetic(GA) for the scan.

### What happens before you come to hospital?

A staff member from the Cardiac Day Unit (CDU) will phone you one day prior to your child's TOE to instruct you regarding preparing your child for their GA. This will involve being given specific fasting times, from solids, formulas, breast milk and clear fluids. Times given will be based on where your child is on the anaesthetic list for that day. It is important that you listen to and adhere to these fasting times. Medications will be discussed and some may need to be held while fasting.

A TOE is usually a day case procedure, however we advise all parents to pack an overnight bag for them and their child in the event that their child may require admission overnight after the procedure.

### What happens when you come to hospital?

We ask all patients to go to the admissions department on the ground floor of the hospital and check-in for your child's procedure. From there you will be sent to the CDU on the 3<sup>rd</sup> floor.

### What happens when you arrive to the CDU?

Your child will undergo some or all of the following examinations:

- Vital sign monitoring (heart rate, oxygen sats, blood pressure, temperature)
- Weight and Height
- Blood tests
- Urine test
- Insertion of IV Cannula (Freddie)



### You will be seen by some or all of the following people

- Advanced Nurse Practitioner / doctor who will do a physical assessment of your child
- Member of the cardiology team who will discuss the risks and benefits of the procedure and obtain written consent
- Anaesthetic doctor to speak with you regarding the anaesthetic procedure
- Play Specialist



A medication called a "pre-med" may be prescribed and administered to your child before being taken to the cardiac cath-lab, where the TOE will be performed. This is done to relieve anxiety.

Your child will be placed into a hospital gown and taken to the cardiac cath-lab by a nurse. One parent can usually accompany their child into the anaesthetic room.

### After the TOE

Your child will be collected from the recovery room by a nurse. It can take a number of hours for your child to wake up fully. Your child can eat and drink once they are awake and alert. On some occasions your child may require further tests prior to discharge home. Once all tests are completed and your child has had something to eat/drink and passed urine - the IV cannula (Freddie) can be removed and your child can be discharged home.

### When will you get the results of the TOE?

Usually your child's cardiologist will speak with you after the TOE to discuss the findings of the scan. Your child will be given a follow up appointment with their cardiologist.

