

# MORRIS

Cardiovascular and Risk Reduction Center

## 2D Echocardiogram

Doppler, also known as ultrasound, is a safe and painless noninvasive procedure that takes pictures of the inside of the body using sound waves. It is also called ultrasound scanning or sonography, and involves the use of a small transducer (probe) and ultrasound gel placed directly on the skin. Ultrasound examinations do not use ionizing radiation (as used in x-rays), thus there is no radiation exposure to the patient. Because ultrasound images are captured in real-time, they can show the structures and movement of the body's internal organs, as well as blood flowing through blood vessels.

Echocardiogram is one of the most popular tests to evaluate the heart. It allows the doctor to visualize the heart and its components. It is a noninvasive procedure that uses sound waves to evaluate how well the heart and its components are working.

### **PLEASE FOLLOW THESE GUIDELINES FOR THE DAY OF YOUR EXAM:**

1. If you are unable to make your scheduled appointment, please call the office at least 24 hours before your visit
2. Please arrive 15 minutes before scheduled time. Bring your insurance card and a picture ID to the front desk upon check in
3. No special preparation is required
4. Wear comfortable walking shoes and a two-piece clothing (without metal snaps)
5. Do not wear jewelry
6. Bring all medications, or a list of medications, for review
7. Friends/family are welcome to accompany you to the office but are not allowed in the testing area due to our privacy policy
8. Allow approximately 1 hour for the test
9. Test results will be communicated to you by your ordering physician