

Discharge advice following Trans Oesophageal Echocardiogram (TOE)

**If you require this in LARGER PRINT
Please inform a member of staff.**

This leaflet has been written to provide you with advice following Trans oesophageal echocardiogram (TOE). We hope it answers some of the questions or concerns you may have. It is not intended to replace talking with medical or nursing staff.

Going home

Most people go home later the same day. You should rest for the remainder of the day and avoid strenuous activity the following day. You can eat and drink as normal although you should avoid heavy or greasy food.

Driving

You should not drive until at least 24 hours after the procedure.

Pain relief

It is quite common to have a sore throat for a few days. Throat lozenges may help to ease any discomfort.

Resuming normal activities

Although you may not be aware of it, sedation can remain in your system for up to 24 hours and can cause you to be less alert than normal. It is important that you do not drive, drink alcohol, operate machinery or sign legally binding documents within 24 hours of the procedure. If you are discharged within 24 hours of the procedure it would be advisable to be escorted home and have someone stay with you overnight.

What happens next?

Usually your doctor will have informed you of the results of the TOE before you go home and discussed any treatment options if applicable. If your consultant feels you would benefit from treatment or further tests you will be

contacted by letter and informed of the date, place and time to attend. Please contact your consultant's secretary if this is not convenient.

Health Promotion

Your stay in hospital might give you an opportunity to think about making changes to your lifestyle to improve your health for the future and to promote a healthy recovery. Following the advice below can help to prevent illness and may prevent any existing illness from becoming any worse.

Smoking – If you smoke, now is the time to stop. Stopping smoking is the single most effective step you can take to help yourself. From the moment you stop smoking the risk of a heart attack is reduced and is halved after 1 year of stopping. Within 24 hours of stopping carbon monoxide is eliminated from the body, the lungs start to clear out the build up of tar and taste and smell is greatly improved. Within 2 – 12 weeks circulation improves and the lungs have room for up to 10% more oxygen. If you would like help to stop smoking contact our smoking cessation advisor on **0151 600 1455** or speak to your GP.

Healthy eating and weight – Following a sensible low fat eating plan and eating the recommended daily intake of five portions of fruit and vegetables per day can help you to remain healthy and stay at a sensible weight. Keeping close to the recommended weight for your height can help to control your blood pressure and reduce the amount of work your heart has to do. Eating a low fat diet will help to control your cholesterol which is a fatty substance that can build up in your arteries and cause them to narrow.

Exercise and physical activity – Exercise can help to reduce blood pressure and cholesterol and help to maintain a healthy weight. (Please refer to the advice given about resuming activity after your stay in hospital before beginning exercise)

Alcohol intake – it is recommended that alcohol intake should not exceed 21 units a week for men and 14 for women.

1 pint = 2 units

1 short (pub measure) = 1 unit

1 small glass of wine = 1 unit

Please note;

You should avoid alcohol whilst taking painkillers as it increases the potency of the drug. You should limit the amount whilst taking Warfarin as it increases sensitivity and will disrupt your clotting factor, which may affect the dosage you receive. Your doctor would be happy to discuss this further.

If you feel your alcohol intake is too high, or you would like help please contact your GP.

Stress – Stress can have a negative impact on health, affecting us both physically and mentally. Although it is not always possible to remove stress from our lives, there are many methods which can be used to aid relaxation, relieve stress and promote a positive healthy recovery including:

- **Finding ways to relax** - it is important to unwind. Each person has their own way of relaxing including deep breathing, listening to music or reading a book. Make some time for yourself
- **Eating right** - eating a sensible low fat diet can give you energy, aid wound healing and promote well being
- **Sleeping** - getting enough sleep is an important part of your recovery
- **Get moving** - Your body makes certain chemicals called endorphins during exercise. They can help to relieve stress and improve your mood.
- **Talk to friends or get help from a professional** - talking to friends can help you work through your problems or concerns. For more serious stress related disorders it may be helpful to talk to a health care professional. Speak to your GP for more information.

It is not uncommon to feel a bit low following discharge from hospital. These feelings usually resolve as you recover

Blood pressure – High blood pressure can increase the risk of heart attacks and strokes. If you have high blood pressure it is important to have it checked regularly and continue with any medication you may be on to control it. Avoiding salt in your food can help to control blood pressure too.

Who do I contact if I have any problems after I go home?

Discharge Advice Line – 0151 600 1056

The discharge advice line is available for patients, relatives and carers for information and advice following discharge, from a member of the nursing team here at the Liverpool Heart and Chest Hospital.

The advice line offers information on recovery after discharge from hospital. Some examples of the type of advice we can offer are: recovery following operations and procedures, mobility and activity, wound care and medication advice. We can also provide information on smoking cessation, healthy eating, alcohol intake and relaxation. Please call the advice line and leave your name and a telephone number, and we will call you back as soon as we

can, we aim to return all calls the same or next day. Please note that calls will not be returned after 4pm or at the week-ends.

For help out of these hours please contact your GP if you are in need of immediate help – for example are having chest pain, breathlessness, palpitations, dizziness, please contact you GP for assessment or go to your nearest A&E department.

In the event of an emergency you should call 999 and attend your local Accident and Emergency department.

For any Appointment queries please contact your consultant's secretary.

For further information visit;

www.lhch.nhs.uk

www.nhsdirect.nhs.uk

www.bhf.org.uk

www.dipex.org

Or contact:

The British Heart Foundation information line on 0845 070 80 70

If you require a copy of this leaflet in any other language or format please contact us quoting the leaflet code and the language you require.