

# Information for patients and carers

## Discharge advice following Transoesophageal Echocardiogram (TOE)



This leaflet has been written to provide you with advice following a transoesophageal echocardiogram. 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.

## Resuming normal activities

You should rest for the remainder of the day and avoid strenuous activity the following day.

**You may have been given sedation; this can remain in your system for up to 24 hours and 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.**

It is advisable to be escorted home and have someone stay with you overnight particularly if you have received sedation.

## Driving

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

## Eating and drinking

During the procedure you will have been given a local anaesthetic spray to the back of your throat which can cause a loss of feeling.

Please do not eat or drink anything for **1 hour**, start with sips of water and gradually build up. You can then eat or drink as normal.

## Contact details

Should you require further advice or information please contact:

**Cardiac Catheter Suite: 01772 524383**

**Monday-Friday (8am - 4pm)**

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.lancsteachinghospitals.nhs.uk/veteran-aware](http://www.lancsteachinghospitals.nhs.uk/veteran-aware)

<https://bepartofresearch.nihr.ac.uk/>

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All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you

come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

[patientexperienceandinvolve@LTHTR.nhs.uk](mailto:patientexperienceandinvolve@LTHTR.nhs.uk)

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**Division:** Medicine

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