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## Testing - What to Expect

### ECHOCARDIOGRAM INSTRUCTIONS

An echocardiogram is an ultrasound or sonogram of the heart. For this test, you will be asked to lie on your left side for up to 45 minutes while your heart is scanned by one of our cardiovascular technologists. To make your test as pleasant an experience as possible, please help us by following these guidelines: Wear a 2-piece outfit (shirt and pants or skirt). You will be asked to remove all clothing from your upper body for this test. Do not apply powder, lotion, or deodorant to the chest area. If you have a mobility problem where lying still and/or on your side is an issue, please tell our scheduler or the technologist.

