

Advice after a transoesophageal echocardiogram (TOE) scan of your heart

Endoscopy Department

Information for Patients

Last reviewed: April 2025

Next review: April 2028

Leaflet number: 811 Version: 4

If you have had sedative medicine:

For 12 hours you should:

- be accompanied by a responsible adult.

For 24 hours:

- do not drive a car or ride a bicycle.
- do not drink alcohol.
- do not operate any machinery or do anything which needs skill or judgement.
- do not make important decisions or sign any documents.
- do not climb ladders.
- do not return to work until after this period of time.

General advice

- Go home and rest.
- You **must not** eat and drink anything for 45 minutes after the local anaesthetic throat spray. This is because your throat will be numb and there is a risk of you choking.

Do not eat or drink until: _____

- The back of your throat may feel sore for the rest of the day.
- If you have any concerns, please contact your GP or the Endoscopy Department you attended.

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Endoscopy Department contact details

Leicester General Hospital:	0116 258 4357
Leicester Royal Infirmary:	0116 258 6997
Glenfield Hospital:	0116 258 3130 or 0116 258 3166
Hinckley and District Hospital:	01455 441970
Loughborough Hospital:	01509 564402
Melton Mowbray Hospital:	01664 854904
St Luke's Hospital Market Harborough:	01858 448344

If the department is closed and your GP is unavailable please contact the NHS helpline on 111.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અસ્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk