

— PATIENT GUIDE: HEART ULTRASOUND —

Echocardiogram

A painless, non-invasive ultrasound of your heart — showing its size, function, valves, and blood flow in real time.

WHAT IS AN ECHOCARDIOGRAM?

An echocardiogram (also called a cardiac echo or heart ultrasound) uses high-frequency sound waves to create detailed moving images of your heart. It shows your heart beating in real time — including how well it pumps blood, how your valves open and close, and whether your heart walls are moving normally.

There is no radiation involved. The procedure is completely painless and takes 20–45 minutes.

WHAT CONDITIONS DOES IT DETECT?

- Heart failure and reduced pumping function (ejection fraction)
- Valve disease — narrowing (stenosis) or leaking (regurgitation)
- Cardiomyopathy (enlarged or thickened heart muscle)
- Pericardial effusion (fluid around the heart)
- Congenital heart defects
- Blood clots inside the heart chambers
- Pulmonary hypertension (high blood pressure in lung arteries)

WHY PHYSICIANS RELY ON THIS TEST

The echocardiogram is the gold standard for evaluating cardiac structure and function. It provides information that no blood test or EKG can replicate — directly visualizing how your heart is performing.

Cardiologists order echocardiograms for shortness of breath, heart murmurs, chest pain, prior heart attack follow-up, and monitoring of known conditions.

HOW TO PREPARE

- No special preparation required — eat and drink normally
- Wear a two-piece outfit for easy access to the chest
- Avoid heavy lotions or creams on your chest the day of the scan
- Take all regular medications as usual unless your physician advises otherwise

WHAT TO EXPECT DURING THE SCAN

You will lie on your back or left side on a portable exam table. The sonographer applies warm ultrasound gel to your chest and uses a small handheld probe to capture images from several positions. You may be asked to hold your breath briefly at certain points.

The entire scan takes 20–45 minutes. It is completely painless.

YOUR RESULTS

Your images are reviewed by Dr. Glenn Gandelman MD FACC — a board-certified cardiologist with subspecialty certification in echocardiography. A written report is emailed to you within 24–48 hours. You can share this report directly with your physician.

PRICING

- Individual scan: \$397
- Included in: Stroke Prevention Package (\$697), Heart Failure Package (\$1,097), Comprehensive Cardiovascular Package (\$2,197)

BlackPoint Diagnostics LLC | Southern Maine | (207) 409-7797 | Emanuel@blackpointdiagnostics.com | blackpointdiagnostics.com

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