

# TEE Essentials

## Patient preparation for TEE: Indications and contraindications

### Indications for TEE

- Assessment of the structure of the heart and/or aorta, where this will alter clinical management, when a TTE has been non-diagnostic (or is likely to be non-diagnostic)
- Intraoperative TEE, where this will guide management (e.g., valvular surgery, thoracic aortic surgery, some cases of CABG)
- TEE during transcatheter procedures (e.g., septal defect closure, left atrial appendage occlusion)
- Assessment of critically ill patients (where this will alter clinical management and a TTE has been non-diagnostic or is likely to be non-diagnostic)

### Contraindications for TEE

#### Absolute contraindications

- Esophageal stricture
- Esophageal tumor
- Esophageal diverticulum
- Esophageal perforation or laceration
- Perforated viscus
- Active upper gastrointestinal bleed

#### Relative contraindications

- Gastrointestinal
  - History of gastrointestinal surgery
  - History of dysphagia
  - Active esophagitis
  - Esophageal varices
  - Barrett's esophagus
  - Symptomatic hiatal hernia
  - Active peptic ulcer disease
  - Recent upper gastrointestinal bleed
- Restriction of neck mobility
  - Severe cervical arthritis
  - Atlantoaxial joint disease
- Clotting disorders
  - Coagulopathy
  - Thrombocytopenia
- History of radiation to neck and mediastinum



*Always ensure that the safety of your patient is your first priority!*



#### Further reading

Hahn RT, Abraham T, Adams MS, et al. 2013. Guidelines for performing a comprehensive transesophageal echocardiographic examination: Recommendations from the American Society of Echocardiography and the Society of Cardiovascular Anesthesiologists. *J Am Soc Echocardiogr.* **26**: 92–964.