

Goal Directed Valsalva Maneuver

1 Practice the Maneuver With the Patient

- » Explain the procedure and have the patient blow into the tubing until the dial reaches **40 mmHg**.
- » *Ensure the patient understands:*
 - How hard to blow
 - How long to hold
 - When to start

→ *Confirm imaging view*

2 Label the Ultrasound Screen

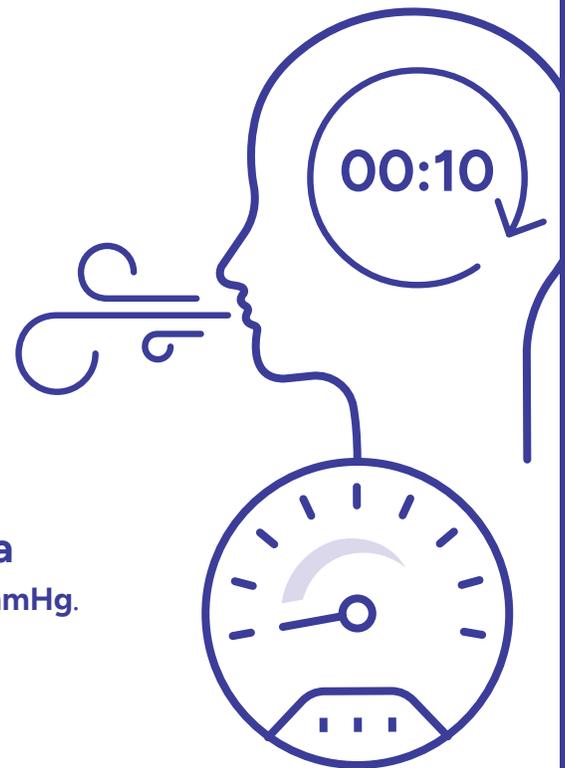
- » Add "GDV" to the screen *before starting the maneuver.*

3 Perform the Goal Directed Valsalva

- » Blow into tubing *until the dial reaches 40 mmHg.*
- » Hold *the pressure for 10 seconds.*
- » *Monitor the dial during the hold.*

4 Evaluate According to Indication

- » **For HCM:** *Assess LVOT gradients during the hold phase.*
- » **For PFO:** *Evaluate for PFO after the release phase.*



Standardized Technique to Assess LVOT Gradients & Detect PFO

