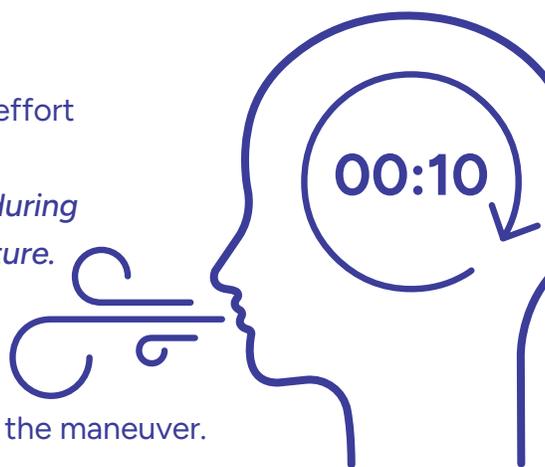


Instructed Valsalva Maneuver

1 Practice the Maneuver with the Patient

- » Explain the procedure and demonstrate how to “bear down.” (Similar to blowing into a blocked straw.)
- » **Ensure the patient understands:**
 - How hard to bear down
 - How long they will need to maintain the effort
 - When you will prompt them
- » *Review and confirm your imaging window during practice to ensure you do not lose your picture.*

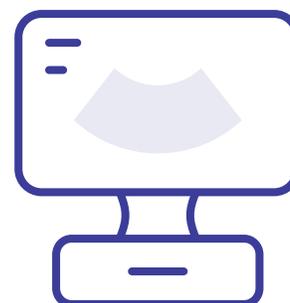


2 Label the Ultrasound Screen

- » Add “Valsalva” to the screen before starting the maneuver.

3 Perform the Instructed Valsalva Maneuver

- » Instruct the patient to perform the maneuver as practiced.
- » Have the patient **hold the strain for 10 seconds.**
- » Maintain the imaging window throughout the maneuver.



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

