



INSTRUCTION SHEET FOR THE FOLLOWING DIAGNOSTIC TEST: DOBUTAMINE STRESS ECHOCARDIOGRAM

ABOUT THE TEST: A dobutamine stress echocardiogram is a test that helps your doctor see how well your heart pumps when it is made to work harder. Using a small hand-held device (called a transducer) which is moved over your chest, sound waves are bounced off your heart and the “echo” of those sound waves is captured and turned into images on a monitor.

The images show the structure and movement of your heart before and under the stress of a faster heart rate. These images provide your doctor valuable information about the way your heart is functioning when you are at rest and when you work.

EXAM TIME:

Approximately 1 hour.

Arrive 15 minutes prior to your scheduled exam time.

PREPARATION:

- A) Do not eat or drink anything for three hours before the test.
- B) Do not have any caffeine the day of your test (this includes decaffeinated beverages such as coffee tea, or soda). You may consume caffeine after the exam.
- C) No body oils, lotions, or powders to the chest on the day of test as these keep the electrodes from sticking. You may wear underarm deodorant.
- D) Wear loose comfortable clothing (no dresses ladies).
- E) Please refer to Page 2 to see if you will need to stop taking any medications prior to your test.
- F) On the day of your scheduled stress test **please do not bring any minor children under the age of 18 without another supervising adult.** Should there be an emergency, we are unable to accommodate them. Nor do we have the staff to supervise them during the exam. **Additionally, family and friends are required to wait in the lobby during the exam**

WHAT YOU CAN EXPECT FOR THE TEST:

You will lie on your back and left side on a table and your heart rhythm and blood pressure will be monitored. A small I.V. will be started. Then, a first set of “echo” images taken. Upon the doctor’s arrival the dobutamine will be given in small amounts ranging from 5 minutes to 15 minutes. During this time, ultrasound images will also be taken. You may be asked to take a deep breath from time to time. Once your heart rate reaches a targeted range, the medication will be turned off and you will continue to be monitored until your heart rate returns to normal.

**PLEASE DO NOT TAKE ANY OF THESE MEDICATIONS
THE DAY BEFORE OR THE DAY OF THE TEST**

BETA BLOCKERS

GENERIC NAME

BRAND NAMES

Atenolol

Tenormin

Metoprolol

Lopressor

Nadolol

Corgard

Pindolol

Visken

Propranolol

Inderal

Bisoprolol

Zebeta, Ziac

Metoprolol ER

Toprol XL

Carvedilol

Coreg, Coreg CR

Bystolic

CALCIUM CHANNEL BLOCKERS

GENERIC NAME

BRAND NAMES

Diltiazem

Cardizem, Cardizem CR

Verapamil

Calan, Isoptin

Nifedipine

Procardia, Adalat

Amlopidine

Norvasc

Felodipine

****PLEASE NOTIFY THE OFFICE PRIOR TO YOUR TEST IF YOU HAVE A HISTORY OF SEVERE LUNG DISEASE AND ARE ON ANY PULMONARY MEDICATIONS SUCH AS INHALERS OR BRONCHODIALATORS (I.E., SPIRIVA, ALBUTEROL, ADVAIR, THEOPHYLLIN OR UNIPHYL).****