

## 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

Amlodipine

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).\*\***