



DOBUTAMINE STRESS ECHO

PF08403 (R 8/07)

Your doctor has ordered a Dobutamine Stress Echo Test. The test is a study of your cardiovascular fitness. Problems with heart rate and rhythm which do not occur at rest may become apparent with stress. Dobutamine is a medication that increases your blood pressure, your cardiac muscle contractility and your heart rate the same as walking on a treadmill. Many people due to some physical limitations are unable to walk for any length of time to get an adequate stress test; therefore you need to stress the heart in another manner. Dobutamine is given intravenously.

The Dobutamine Stress Echo is performed by a specially trained technician. The Technician will explain and demonstrate the procedure and ask you questions about your past health. You will be asked to sign a consent form. If necessary, hair will be shaved from small areas of the chest so that the electrodes for monitoring will remain secure during the study. An intravenous line will be started before the stress test for the purpose of infusing the Dobutamine medication.

Before the Dobutamine infusion an Ultra Sound (Echocardiogram) is taken of your heart, this is the resting Echocardiogram. During the infusion your heart will be monitored continuously with electrocardiogram and blood pressure readings. A doctor is present throughout the test. If you feel any discomfort please let your physician know. The test will be stopped when either you reach your target heart rate, you experience personal feelings of discomfort, or if the cardiologist decides to end the test due to any other reason. Once the medication has increased your heart rate to the level the physician wishes; the medication infusion is stopped and a repeat Echocardiogram is taken to check the heart function with stress. The cardiologist will compare the two Echocardiograms, review the EKG's taken during the stress and interpret the findings to determine the extent and location of previous heart damage and pinpoint any areas at risk for damage. A copy of the test will be sent to your family physician.

TEST PREPARATION:

- A good night's rest prior to the day of testing is strongly recommended.
- Avoid strenuous physical activity on the day of test.
- Avoid food **4 hours before the test**, no smoking 24 hours before and avoid caffeine for 48 hours.
- Wear comfortable, loose fitting clothing.
- Bring your medications or updated list with you.
- If you are diabetic, please call our office.

If your insurance requires a referral (Health Plus, Blue Care Network, Community Choice Medicaid) you will need to contact your primary care physician prior to having test done. Please allow at least 2 weeks for referral to reach our office.

Your test is scheduled at _____ Date: _____ Time: _____

Please arrive at _____ for registration and preparation for the study. Do not take the following medications the morning of the test _____.

Other medication instructions _____.

If you have any questions regarding this procedure, please call our office.



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If you are taking any of the following medications, they need to be stopped the day before and the day of your test.

Atenolol (generic for Tenormin/Tenoretic)
Betaxolol (generic for Kerlone)
Betazolol
Blocadren
Bisoprolol
Corgard
Coreg
Inderal LA
Inderal tablets
Inderide
Kerlone
Levatol
Lopressor Ampuls
Lopressor HCT tablets
Lopressor pre-filled syringes
Lopressor tablets
Metoprolol (generic for Lopressor products)
Nadolol (generic for Corgard)
Normodyne
Normozide tablets
Penbutolol (generic for Levatol)
Pindolol (generic for Visken)
Porspranolol (generic for Inderal products)
Sectral tablets
Tarka
Tenormin
Tenoretic
Timolol (generic for Blocadren)
Trandate
Visken
Ziac
Zibeta