



## Dobutamine Stress Echocardiography

To Schedule: (319) 861-7778

Questions about procedure: (319) 221-8500

### What is Dobutamine Stress Echocardiography?

A Dobutamine stress echocardiogram (echo) is a test that uses a drug and harmless sound waves to help your doctor see if any blood vessels in your heart are blocked and how well your heart's valves are functioning. The drug Dobutamine, is given to make your heart beat faster, as if you were exercising. Then, painless sound waves are bounced off your heart.

### Why should I have a Dobutamine Stress Echocardiography Exam?

Your doctor has decided that you are not physically able to walk on a treadmill and has chosen to stress your heart with a drug called Dobutamine. The test results help your doctor plan your treatment and determine if any other tests are needed.

### Preparation:

Please review with your doctor or your doctor's nurse.

- You may have a light meal then nothing to eat or drink for two hours before the test. Do not smoke for two hours prior to test.
- You will need to stop taking Beta Blocker medications 24 hours before the test. Check with your doctor to see if you are taking these medications.
- Don't have any caffeine 24 hours before your test. This includes coffee, regular **and** decaffeinated, tea, chocolate, **all** cola drinks and soft drinks containing caffeine and over-the counter pain relievers containing caffeine (Anacin, Excedrin).
- If you use an inhaler for breathing problems bring it with you on the day of the test.
- Wear a comfortable two-piece outfit.
- Bring a list of your current medications to the procedure.
- Please bring photo ID.

**Procedure:**

After you arrive for your test, you'll be asked to undress from the waist up and put on a hospital gown. Small pads (electrodes) are placed on your chest to record your heartbeat. Your blood pressure is also monitored. An intravenous (IV) line is started in your arm. A technician moves a device (transducer) coated with cool gel firmly over your chest. The images of your heart are recorded on videotape.

Next, you will meet and talk with the doctor who will interpret your test. Then Dobutamine is slowly given through the IV. The drug will slowly cause your heart rate to increase. It is normal to feel your heart pounding. Again, the technician moves the transducer over your chest while you feel the effects of the drug and again after your pulse returns to normal. These sets of images are compared to the images of your heart at rest. The physician will review the results with you and send to your physician.

Plan to allow 1-2 hours from arrival to the time you can leave.

**Outpatient Registration:**

Please park in the Mercy Parking ramp located at 8<sup>th</sup> Avenue and 8<sup>th</sup> Street SE. Enter the hospital at the South entrance on ground floor. Proceed to the Non-Invasive Cardiology department.

**Your appointment date and time:**