



1- Day Dobutamine Cardiolute Stress Test

To Schedule: (319) 861-7778

Questions about procedure: (319) 221-8500

What is a Dobutamine Stress Test?

A Dobutamine stress test is a test that uses a drug and special imaging to determine if your heart is receiving enough blood and if you have coronary artery disease. Coronary artery disease occurs when the heart's vessels become partially blocked or narrowed by the build-up of fatty materials preventing the heart from receiving the blood it needs to function properly. There are three parts to this test and it usually involves two different days.

Why should I have a Dobutamine Stress Test?

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

Preparation:

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

- Don't have any caffeine 24 hours before the stress part of your test, usually the second day. You may have a light meal then nothing to eat or drink for two hours before the 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 any of these medications.
- If you use an inhaler for breathing problems please bring it to the test.
- Wear a comfortable two-piece outfit (both days).
- Bring a list of your current medications to the procedure (both days).
- Please bring photo ID.

Procedure:

PART ONE: You will report to the Nuclear Medicine section of the X-Ray Department. You'll be asked to undress from the waist up and put on a hospital gown. An intravenous (IV) line is started in your arm. A small amount of radioactive material, Cardiolite, is given through the IV. This material travels to your heart to make imaging of the heart possible. After waiting for 30 minutes you will be asked to rest on your back, usually with your arms comfortably extended above your head. For the next 20 minutes a special camera takes images of the blood flow to your heart. The camera doesn't come in contact with you, cause discomfort, or emit radiation. The Cardiolite is cleared from your body through its natural processes.

You will wait 2 hours for the second part of your study.

PART TWO: After 2 hours you will return to the Non-Invasive Cardiology Department. You will meet and talk with the doctor who will interpret your test. Small pads (electrodes) are placed on your chest to record your heartbeat and your blood pressure will also be monitored. IV fluids will be attached to the IV site in your arm. Next, the drug Dobutamine is given slowly through the IV. You may feel your heart pounding and become slightly short of breath. This is a normal reaction to the drug. A small amount of Cardiolite is given through the IV. When the Dobutamine is stopped your heart rate will gradually return to your pre-test rate. You will be observed for 5-10 minutes, and then disconnected from the EKG and blood pressure monitors. You will then be directed to the cafeteria to get something to eat before returning to nuclear medicine

After one hour you will return to the Nuclear Medicine department for the final imaging part of the test. This takes approximately 20 minutes. Both sets of images are then compared and the results are sent to your doctor.

Allow 5 1/2 - 6 hours for testing at Mercy Medical Center.

Outpatient Registration:

Park in the Mercy parking ramp, located at the corner of 8th Avenue and 8th Street SE. Enter the hospital at the South Entrance, Ground Level. Proceed to the Radiology department on ground floor and they will direct you to nuclear medicine.

Your appointment date and time: