

## INFORMATION FOR YOUR DOBUTAMINE STRESS ECHOCARDIOGRAM

### WHAT IS A DOBUTAMINE STRESS ECHOCARDIOGRAM?

A dobutamine stress echocardiogram (or echo) is a stress test that is given to patients who are unable to walk on a treadmill. This test will help diagnose certain heart conditions, such as valve problems and coronary artery disease (blockages of the arteries). It may be used to determine how well your heart tolerates activity, and it can evaluate the effectiveness of your cardiac treatment plan. A medication (dobutamine) is given to you intravenously while you lie on a cart. This medication will increase your heart rate (simulating exercise). Echocardiographic images (ultrasound) will be taken of your heart at different stages during the test to evaluate the heart's response to exercise. A microphone-like device called a transducer is placed on your chest and sends out ultrasound waves that bounce off the heart to produce images of the heart. The test will take approximately 1½ hours. This includes the preparation, medication administration and recovery period.

### PREPARING FOR YOUR DOBUTAMINE STRESS ECHOCARDIOGRAM

- Do not eat four hours prior to your test. Water, juice or uncaffeinated products can be taken up to the time of the test.
- Do not have any caffeinated products 24 hours prior to your test. See attached list for items containing caffeine. Be aware that some over-the-counter medications, such as Excedrin®, may contain caffeine. Please check the label for the ingredients.
- Do not smoke on the day of your test or use any form of nicotine products.
- If you are a diabetic, juice or a light meal is allowed with insulin (half of your normal dose). If you take pills to control your blood sugar, do not take your medication until after the test.
- Please hold the medications on the attached list for 48 hours prior to your test, unless your physician tells you otherwise. Water pills, such as Lasix or furosemide, can be held until after the test is completed. All other medications can be taken as usual.
- Wear loose, comfortable clothing.
- Please bring all your medications to the test.
- Do not apply lotions or powders to the chest.

## WHAT HAPPENS DURING THE DOBUTAMINE STRESS ECHOCARDIOGRAM?

- Before the procedure, you will be given an explanation of the test and then asked to sign a consent form.
- A nurse or technician will insert an intravenous catheter into your hand or arm.
- Electrodes will be placed on your chest and connected by wires to the EKG machine, which allows for continuous monitoring of your heart rhythm.
- While you are lying on a table, an echo technician moves a transducer over your chest to obtain images of your heart.
- A nurse will supervise the stress portion of the test as the dobutamine is administered.
- Your blood pressure will be checked frequently and your EKG is continuously monitored.
- Echo images are obtained during and immediately after the infusion of the dobutamine.
- During the test, if you experience any chest pain, shortness of breath or dizziness, let the nurse or the technician know.
- Some side effects of the dobutamine may include a sensation of pounding or racing of your heart, chest pain, facial flushing or shortness of breath.
- After the test is completed, your blood pressure and EKG will be checked until all of your readings have returned to baseline.

## WHEN WILL I KNOW THE RESULTS OF MY DOBUTAMINE STRESS ECHOCARDIOGRAM?

- The final interpretation of the test results will be completed by a cardiologist.
- The physician ordering your test and family doctor will receive a report of the test.

## MEDICATIONS TO HOLD

Below, you will find a list of medications that must be held **48 hours prior** to your dobutamine stress echocardiogram.

Acebutolol	Corgard®	Nadolol	Tenormin®
Atenolol	Carvedilol	Nebivolol	Timolol
Betaxolol	Kerlone®	Normodyne®	Toprol
Bisoprolol	Labetalol	Penbutolol	Toprol-XL®
Blocadren®	LevatoI®	Pindolol	Viagra®
Bystolic®	Levitra®	Propranolol	Visken®
Cialis®	Lopressor®	Sectral®	Zebeta
Coreg CR®	Metoprolol	Sotalol	

## PRETEST INFORMATION

Avoid **caffeine**. Below are examples of products containing caffeine.

### DRINKS CONTAINING CAFFEINE

Brewed coffee	Instant tea	Pepsi®	Mr. Pibb®
Instant coffee	Coca-Cola®	Diet Pepsi®	Mellow Yellow®
Decaffeinated coffee	Diet Coke®	Regular colas	Mountain Dew®
Brewed tea	Tab®	Caffeine-free colas	Cocoa
Iced tea	Energy drinks	Dr. Pepper®	

### FOODS CONTAINING CAFFEINE

Chocolate candy	Baking chocolates	Chocolate pudding	Brownies
Chocolate-coated candy	Chocolate cake	Chocolate milk	

### PRESCRIPTION DRUGS CONTAINING CAFFEINE

Cafergot® (all forms)	Fioricet®	Norgesic™	Synalgos-DC
Esgic (all forms)	Fiorinal® (all forms)	Norgesic Forte™	Wigraine® (all forms)

### OVER-THE-COUNTER DRUGS CONTAINING CAFFEINE

Anacin®	Excedrin®	NoDoz®
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