

INFORMATION FOR YOUR DOBUTAMINE NUCLEAR STRESS TEST

WHAT IS A DOBUTAMINE NUCLEAR STRESS TEST?

The dobutamine nuclear stress test is given to patients who are unable to walk a treadmill. This test can determine the cause of chest pain, which can occur with blockages in blood flow to the heart. It can also determine your response to treatments and medications, as well as look for abnormal heart rhythms that may occur with exercise, which the dobutamine will mimic. The dobutamine nuclear stress test also involves taking pictures or images of your heart. A radioactive substance, known as a tracer, is injected into a vein in your arm and travels in the bloodstream to the heart. Areas of the heart receiving adequate blood flow will pick up the tracer more completely.

This test will require two visits to our office, one for the stress portion and a second for the rest portion.

PREPARING FOR YOUR DOBUTAMINE NUCLEAR STRESS TEST

- 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.
- Please bring all your medications to the test.
- Do not apply lotions or powders to the chest.

WHAT HAPPENS DURING THE DOBUTAMINE NUCLEAR STRESS TEST RESTING PORTION?

- 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.
- A small amount of a tracer is injected through the intravenous catheter into your hand or arm.
- You will then go to the waiting room for approximately 30 minutes.
- After that, you will sit in a chair and a camera will take pictures or images of your heart from several different angles.

WHAT HAPPENS DURING THE DOBUTAMINE NUCLEAR STRESS TEST STRESS PORTION?

- Before the procedure, you will be given an explanation of the test and then asked to sign a consent form if this has not already been done.
- 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.
- A nurse or exercise physiologist will supervise your test.
- Near the end of the dobutamine infusion, a second tracer is injected into the intravenous catheter.
- It is common to experience sensations such as your heart pounding or racing with the dobutamine.
- Your blood pressure will be checked frequently, and your EKG is continuously monitored.
- After the test is completed, your blood pressure and EKG will be checked for several more minutes.
- You will go to the waiting room for approximately 30 minutes.
- After that, you will have images of your heart taken; that will take approximately 20 minutes.

WHEN WILL I KNOW THE RESULTS OF MY DOBUTAMINE NUCLEAR STRESS TEST?

- 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 nuclear stress test.

Acebutolol	Corgard®	Nadolol	Tenormin®
Atenolol	Carvedilol	Nebivolol	Timolol
Betaxolol	Kerlone®	Normodyne®	Toprol
Bisoprolol	Labetalol	Penbutolol	Toprol-XL®
Blocadren®	Levatol®	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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