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Dobutamine Stress Echocardiogram Patient Information

Dobutamine Stress Echocardiogram is a test that involves increasing a patient's heart rate while the heart is being imaged. The entire test is performed in the Echo Lab.

Procedure Includes:

- 1) Weight and blood pressure are measured.
- 2) An intravenous line will be placed in your arm by a nurse.
- 3) Pre-stress echocardiogram is performed; echo images are obtained before, during and after dobutamine infusion.
- 4) The Cardiologist performs the test and controls the infusion of dobutamine according to our protocol.
- 5) Your heart rate will increase as the dobutamine is increased (it will feel similar to when you are performing any physical exercise).
- 6) Test is ended when:
 - a) 85-100% of maximum heart rate is reached;
 - b) Heart wall motion abnormalities are noted;
 - c) If chest pain or discomfort occurs;
 - d) Any arrhythmias;
 - e) Extreme shortness of breath.
- 7) The dobutamine portion of the echo will last 5 to 15 minutes, with the total time for testing being approximately 45 minutes.
- 8) Dobutamine becomes inactive in your body after 1 to 2 minutes once it is turned off.
- 9) Ultrasound images continue until you return to baseline heart rate and symptoms disappear.
- 10) When the test is finished the cardiologist will give you the results immediately.
- 11) The intravenous line is then removed.

Certain medications known as beta blockers must be withheld for 24 hours prior to a dobutamine stress echocardiogram, such as:

- Tenormin (Atenolol)
- Lopressor or Toprol XL (Metoprolol)
- Inderal or InnoPran XL (Propranolol)
- Corgard (Nadolol)
- Sectral (Acebutolol)
- Kerlone (Betaxolol)
- Ziac (Bisoprolol)
- Coreg (Carvedilol)
- Bystolic (Nebivolol)
- Blocadren (Timolol)
- Normodyne or Trandate (Labetolol)

Patient Name: _____

Appointment Date: _____ **Time:** _____