

Your doctor has requested that you have a dobutamine stress echocardiogram. This is a special type of stress test for patients who cannot walk on a treadmill. Dobutamine is a medication designed to increase your heart rate without exercise. Before starting the test, we will record ultrasound pictures of your heart from four different angles. Because ultrasound is used, you will not be exposed to any radiation or magnetic fields. Once the baseline pictures are recorded, an IV will be started and the medication will be administered according to a standardized protocol. The dosage of medication will be increased every three minutes until your heart rate reaches a target level. At this target heart rate, we will again record ultrasound pictures of your heart from the same four angles for comparison. During and after the administration of the medication, we will continuously monitor your heart rate, blood pressure, and EKG tracings. Similar to other types of stress tests, a dobutamine echocardiogram can help determine the presence of coronary artery blockages as well as their location and severity. The results of this test are immediately available to your physician and are often reviewed with you following the test.

Instructions for dobutamine echocardiogram studies

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT PRIOR TO THE TEST**

(Brushing your teeth is okay).

- Please wear comfortable slacks and walking shoes.
- Please take your usual medications with a small sip of water except those listed below.
- If you have diabetes, please do not take your diabetic medicine or insulin on the morning of your test. If you currently check your own blood sugar, please check it in the morning prior to the test. If your blood sugar level is low, please drink 1-2 glasses of your favorite juice prior to coming in for your test. Please bring all of your diabetic medications with you as you will be able to eat immediately after your test is completed.

PLEASE STOP TAKING THE FOLLOWING MEDICATIONS 12 HOURS PRIOR TO THE TEST:

Toprol (Metoprolol LA)	Lopressor (Metoprolol)	Blocadren (Timolol)
Sectral (Acebutolol)	Zebeta (Bisoprolol)	Tenormin (Atenolol)
Inderal (Propranolol)	Cardizem, Dilacor, Tiazac (Diltiazem)	Bystolic (Nebivolol)
Coreg (Carvedilol)	Normodyne, Trandate (Labetalol)	Visken (Pindolol)
Calan SR Isoptin, Covera, Taraka, Verelan (Verapamil)		Corgard (Nadolol)

If you have any questions regarding this test, please call the office at (770-739-0999).

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