



## Dobutamine Stress Echo

A dobutamine stress echocardiogram test is a procedure that uses high frequency sound waves, called ultrasound, to examine the way your heart functions under the stress of exercise. Through the echocardiogram, our cardiologists can visualize your heart's walls, valves and blood flow. The test is usually ordered to evaluate chest pain, shortness of breath or palpitations.

### WHAT DO I NEED TO KNOW?

- You may eat a light meal (juice and toast) approximately three hours before your scheduled test.
- Do not have any caffeine (such as coffee, tea, chocolate, cocoa or caffeinated sodas) or use tobacco products on the day of your test.
- Do not wear any lotion or powder on your chest.
- If you are on Beta Blockers, please do not take the medication the day before your test and the morning of your test unless otherwise directed by your physician.
- Check with your doctor if you are an insulin-dependent diabetic, to see if your insulin should be adjusted on the day of your test.
- Electrodes will be placed on your chest and you will be connected to an EKG (electrocardiogram) machine.
- A resting echocardiogram will be done.
- You will have an IV inserted. A medication called Dobutamine will be given through the IV. The dose will be gradually increased throughout the test.
- Your blood pressure, heart rate and heart rhythm response to the medication will be monitored and recorded.
- Once the medication is stopped another echocardiogram will be done when your heart rate returns to baseline.
- Total time for this test can be anywhere from 2-4 hours.