



## Dobutamine Stress Echocardiogram

NAME \_\_\_\_\_

TEST DATE \_\_\_\_\_

PHYSICIAN \_\_\_\_\_

APPOINTMENT TIME \_\_\_\_\_

Please report to Grand River Cardiology at 1000 East Paris, SE, Suite 200 at the appointment time written above.

1. Wear comfortable tie shoes, preferably with a rubber sole.
2. Wear comfortable clothing, gym clothes if desired. Women should not wear dresses or one piece outfits.
3. You may eat a very light meal four hours prior to the test.
4. No caffeine or nicotine products 24 hours before your test.
5. Do not plan anything strenuous before or after the test. No jogging the day of the test.
6. Please bring a list of your current medications with you. You may take all of your usual medications the morning of your procedure. If you are diabetic and take insulin or a medication to control your blood sugar please call our office for special instructions.
7. Please contact our office if your current weight is over 350 pounds to reschedule your test at an area hospital.

A stress echocardiogram is designed to provide information about how your heart performs under stress. It combines the information from an echocardiogram and a stress test.

The first step of the test is an echocardiogram (ultrasound of the heart). Ultrasound transmits sound waves from a transducer on the skin to the heart and back to the transducer. The signal is then transformed into a picture that provides visualization of the heart muscle, valves, and blood flow through the heart. The test is simple and painless. You will lie on a bed for approximately 15 minutes while a technician moves the transducer over various areas of your chest. The four valves and chambers making up the heart will be evaluated.

Your physician has chosen to stress your heart by a medication called Dobutamine, rather than walking on the treadmill. Dobutamine simulates exercise by increasing your heart rate and blood pressure. After the resting echocardiogram is done, a nurse will insert an IV into your arm. This is how the Dobutamine is administered. Once the determined heart rate is achieved the nurse will stop administering the medication.

Another echocardiogram will be taken while your heart is under stress. The physician will compare the images from the first step when your heart was at rest, to the images after your heart was stressed and note any changes.