

Dobutamine Stress Echocardiogram

This test will show how your heart muscle works when you are resting and when your heart is stressed. Pictures will be taken of your heart using ultrasound. You will be given a medicine called dobutamine. This will increase your heart rate as if you were exercising.

How to get ready for the test:

12 hours before the test:

- Do not eat or drink anything with caffeine. No pop, coffee, decaf coffee, tea, energy drinks, or chocolate.

4 hours before the test:

- Do not smoke or use anything with nicotine. This includes vaporizers, e-cigarettes, nicotine gum, or smokeless tobacco. Remove any nicotine patches.

3 hours before the test:

- Do not eat or drink anything. It is okay to take most medicines with sips of water (see list below about medicine to avoid). If you are diabetic, talk with your doctor about what to eat and taking your medicine or insulin.

Day of the test:

- Wear comfortable clothes. You will be asked to remove clothing from your waist up. You will be given a hospital gown to wear.
- Do not use body lotions, oils or powders.

Check with your doctor about what medicines you should take before the test.

You should NOT take the following medicines unless your doctor tells you to:

48 hours before test:

- Medicines for erectile dysfunction: Cialis[®], Levitra[®], sildenafil, Stendra[®], Viagra[®]

24 hours before the test:

- Beta blockers: atenolol (Tenormin[®]), carvedilol (Coreg[®]), metoprolol (Lopressor[®], Toprol[®]), propranolol (Inderal[®])

Day of the test:

- Nitrates: nitroglycerin (Minitran[®], NitroDur[®], Nitrostat[®]), isosorbide dinitrate (Dilatrate[®], Isordil[®], Sorbitrate[®]), isosorbide mononitrate (Ismo[®], Imdur[®], Monoket[®])

What to expect:

1. An IV will be started. A contrast medicine called Definity® may be given through your IV. This medicine helps to give a clear picture of your heart.
2. You will lie on your side while a resting echocardiogram is done.
3. The next part of the test is the stress test. During the stress test you will be given an infusion of dobutamine. A nurse or exercise specialist will tell you how the medicine might make you feel before it is given. When you have reached a pre-determined heart rate, the dobutamine infusion will be stopped and another echocardiogram will be done. We will ask you how you feel during the test. Your heart rate, ECG, and blood pressure will be monitored before, during, and after the test.
4. Once your heart rate returns to a resting level a final echocardiogram will be done.
5. Total test time is approximately 1 hour.
6. A cardiologist will review your test. You will get results from your doctor who ordered the test.

If you have any questions about your test, contact the facility where your test is scheduled.

Bronson Methodist (Kalamazoo): (269) 341-6269

Bronson Battle Creek: (269) 245-8091

Bronson Lakeview: (269) 657-1495

Bronson South Haven: (269) 639-2796