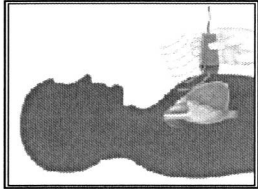




## Dobutamine Stress Echocardiography (Echo)

This type of **echocardiogram** uses the drug **dobutamine** and harmless sound waves to help see if any blood vessels in your heart are blocked. This test is often done in a hospital or cardiac testing center.



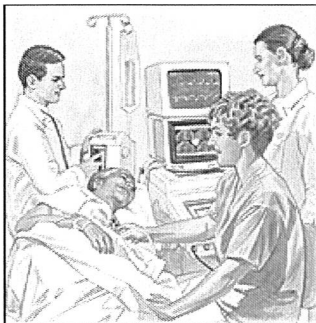
### Before Your Test

Discuss your medications with your doctor and ask if you should take any before the test (do not take any beta blockers the night before your test or the day of your test). If you are diabetic, please discuss this with your doctor for any further instructions regarding medication or diet preparation.

For 24 hours before your test, please do not eat or drink any of the foods, and do not take any medications on the list below.

- NO coffee or tea that is brewed, instant, iced or decaffeinated.
- NO colas or other soft drinks that contain caffeine, including those labeled "caffeine-free".
- NO chocolates, including candies, frosting, cookies, pies, cocoa and chocolate milk.
- NO aspirin products that contain caffeine, such as Anacin or Excedrin.
- NO Persantine (dipyridamole)
- NO theophylline or theophylline containing products such as Constant-T, Primatine, Quibron, Slo-Phylline or Theo-Dur.

No food or drink for at least 4 hours before the test. Make sure to wear a 2-piece outfit. You may need to undress from the waist up and put on a short hospital gown. Allow 1 extra hour for checking in and getting ready for the test.



### During Your Test

- Small pads (**electrodes**) are placed on your chest to record your heartbeat.
- An **intravenous** (IV) line is started in your arm.
- A painless device (**transducer**) coated with cool gel is moved firmly over your chest. This device creates sound waves that make images of your heart on a screen.
- Dobutamine is then slowly given through the IV. It is normal to feel your heart pound for a few minutes.
- Echo images are taken while you feel the effects of the drug and after your pulse returns to normal. You may be given a second drug to slow your heartbeat to a normal level.
- Your heart and blood pressure are monitored during and after the test.

### After Your Test

When the test is over, you may return to your normal routine. Ask your doctor about taking any medicine that you were told to skip before the test. Your doctor will discuss your test results with you during a future office visit. The test results help the doctor plan your treatment and any other tests that may be needed.

**Report Any Symptoms**

Be sure to tell the doctor if you feel any of the following during the test:

- Chest, arm, or jaw discomfort
- Irregular heartbeat
- Feeling flushed
- Shortness of breath
- Nausea
- Headache