

Dear Patient:

Your test is scheduled for _____ at _____AM/PM, at New West Physicians Cardiology Services 1707 Cole Blvd, STE 210, Golden, Co 80401. Phone: 303-274-3311

INFORMATION FOR YOUR DOBUTAMINE STRESS ECHOCARDIOGRAM

WHAT IS A DOBUTAMINE STRESS ECHOCARDIOGRAM?

A dobutamine stress echocardiogram is a stress test that is given to patients who are unable to walk on a treadmill. This test will help diagnosis certain heart conditions, such as heart valve problems and coronary heart disease (blockages of the arteries). It may be used to determine how well your heart tolerates activity, and it can evaluate the effectiveness of your cardiac treatment plan. A medication (dobutamine) is given to you intravenously while you lie on a cart. This medication will increase your heart rate (simulating exercise). Echocardiographic images (ultrasound) will be taken of your heart at different stages during the test to evaluate the hearts response to exercise. A microphone-like device called a transducer is placed on your chest and sends out ultrasound waves that bounce off the heart to produce images of the heart. The test will take approximately 1.5 hours. This includes the preparation, medication administrations and recovery period

PREPARING FOR YOUR DOBUTAMINE STRESS ECHOCARDIOGRAM

- Wear loose, comfortable clothing.
- Do not apply lotions or powders to the chest
- You may eat a light meal prior to your test
- Take all your medications as prescribed unless directed otherwise by the cardiology office
- Please bring a list of your current medications

WHAT HAPPENS DURING THE DOBUTAMINE STRESS ECHOCARDIOGRAM?

- Before the procedure, you will be given an explanation of the test and then asked to sign a consent form.
- A nurse or technician will insert an intravenous catheter into your hand or arm.
- Electrodes will be placed on your chest and connected by wires to the EKG machine, which allows for continuous monitoring of your heart rhythm.
- While you are lying on a table, an echo technician moves a transducer over your chest to obtain images of your heart.
- A nurse will supervise the stress portion of the test as the dobutamine is administered.
- Your blood pressure will be checked frequently and your EKG is continuously monitored.
- Echo images are obtained during and immediately after the infusion of the dobutamine.
- During the test, if you experience any chest pain, shortness of breath or dizziness, let the nurse or the technician know.
- Some side effects of the dobutamine may include a sensation of pounding or racing of your heart, chest pain, facial flushing or shortness of breath.
- After the test is completed, your blood pressure and EKG will be checked until all of your readings have returned to baseline.

WHEN WILL I KNOW THE RESULTS OF MY DOBUTAMINE STRESS ECHOCARDIOGRAM?

The cardiologist will review the results of the treadmill with you and will inform your primary care physician. Please call us with any further questions or concerns.