

# Dobutamine Stress Echocardiogram Test Instructions

Below is information to prepare you for your Dobutamine stress echocardiogram test. Talk to your doctor if you have questions or concerns.

## What is a Dobutamine stress echocardiogram test?

A Dobutamine stress echocardiogram test shows how your heart works under stress without being on a treadmill. It shows the blood flow through the walls of your heart and the electrical signals that cause your heart to beat. This helps the team find any potential blockages or electrical abnormalities.

## How is the test done?

1. A 12-lead ECG is placed on your body. Your blood pressure will also be taken.
2. You will get an IV in your arm.
3. A sonographer (health care professional that specializes in medical imaging) will use an ultrasound probe to take baseline pictures of your heart.
4. You will then get Dobutamine (medicines that helps the heart pump at a higher rate) through your IV.
5. Once your heart gets to a certain rate, the sonographer will take more pictures of your heart.
6. The Dobutamine is then stopped.
7. You then get a medicine to bring your heart rate down and more pictures of your heart taken.
8. Once your heart gets back to baseline, you are able to go home.
9. You will be at the hospital for about 1 to 1 ½ hours the day of the test.

## How do I get ready for the test?

Do	Do Not
<ul style="list-style-type: none"><li>✓ Arrive 10 to 15 minutes before your appointment time.</li><li>✓ Follow all instructions you got about what medicine you should stop taking or change the dose for.</li><li>✓ Talk to your doctor if you feel anxious about the test. You can take anti-anxiety medicine 1 hour before the test. <b>You must have someone drive you home if you take this medicine.</b></li></ul>	<ul style="list-style-type: none"><li>× Do not eat or drink anything for 4 hours before the test except for water as needed.</li><li>× Do not use lotion or oil on your chest or stomach.</li></ul>

### If you have diabetes:

You will get specific instructions from the nurse that calls you before your procedure.

- Check with the doctor that prescribes your diabetes medicine to make sure it is okay to change how you take it for this test.
- If needed for blood sugar control, you can have a cup of juice 2 hours before the test.

## How safe is a dobutamine stress test?

The dobutamine stress test is a low-risk test. A nurse, exercise physiologist, and/or cardiac diagnostic technician will all be with you during the test. Doctors are close by if needed right away for help, questions, or concerns.

## Are there side effects?

The team will talk to you about any possible side effects at the time of your test.

## What if I need to cancel or reschedule?

- Try to cancel at least 24 hours before your appointment, if possible.
- If you are more than 15 minutes late, you will have to reschedule.

