

**Interventional Cardiology Medical Group, Inc.**

**DOBUTAMINE STRESS ECHOCARDIOGRAM TEST  
PATIENT INSTRUCTIONS**

Dobutamine is a medication that is administered to simulate exercise. Dobutamine affects the heart in a similar manner that exercise does. It makes the heart beat stronger, increasing the blood pressure and heart rate. Echocardiogram (echo) is a noninvasive test that uses ultrasound (sound waves) to take pictures of the heart before, during, and after the Dobutamine infusion. No physical exercise is involved. This test is designed to determine if there is any problem with the blood flow through the coronary arteries that supply the heart with blood.

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**PROCEDURE**

Dobutamine will be administered by an intravenous (IV) infusion in gradually increasing dosages over a 15-minute period. Your blood pressure, heart rate, and rhythm will be monitored throughout the test. The Dobutamine has no long lasting effects and will wear off in 10-15 minutes after being discontinued. The echocardiogram is performed before, during, and after the Dobutamine infusion by placing an instrument called a transducer on the left side of your chest using a translucent gel. The gel may be slightly cool and you may feel light pressure from the transducer. You may be asked to hold your breath at times so that clearer views of the heart can be obtained.

**PATIENT INSTRUCTIONS**

- **Please report to Outpatient Admitting at** \_\_\_\_\_.
- **Do not eat or drink anything after midnight** the night before the exam.
- Do not ingest any stimulants for 24 hours **BEFORE** the test. This includes coffee, tea, and cola drinks.
- If you are diabetic, you may eat a *light* breakfast and/or lunch.
- Wear comfortable clothing and walking shoes.
- Do not wear necklaces or clothing with metal on it (metal buttons, sequins, brooches, etc.).
- If you have asthma presently or previously, bring your inhaler(s) with you.
- Bring a list of your medications with you.
- Take your usual morning medications on the day of your test unless directed by your physician:

**LENGTH OF TEST**

The test will take approximately 2 hours.

**QUESTIONS**

If you need to cancel, reschedule, or have any questions about this exam, please call the office at: 818-702-8800.

**PLEASE GIVE OUR OFFICE 24 HOUR NOTICE TO CANCEL YOUR TEST**