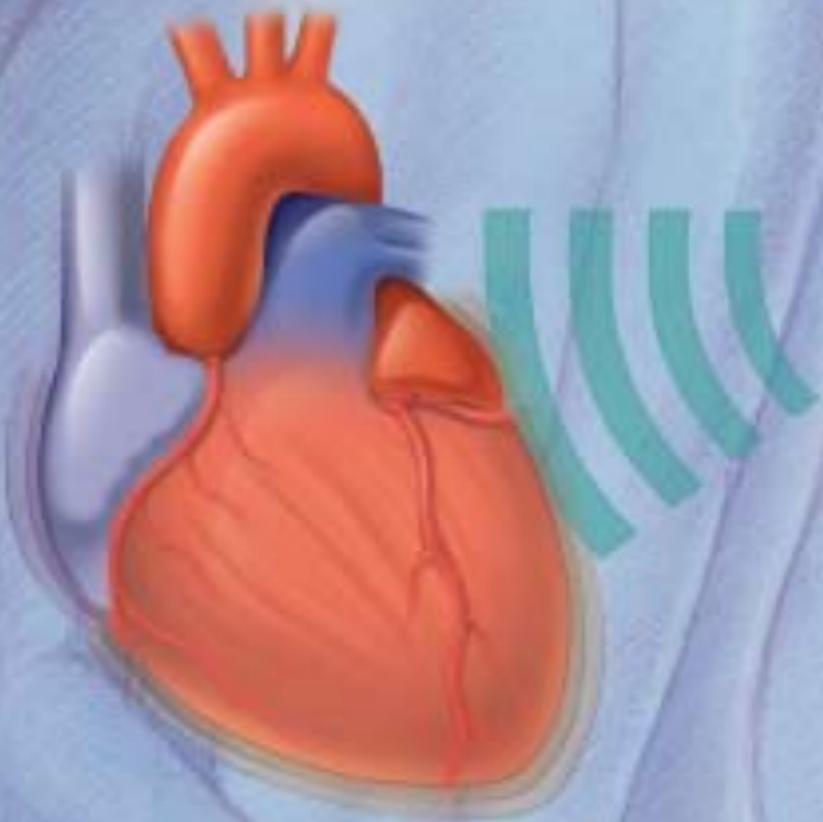


DOBUTAMINE STRESS ECHO



Showing Your Heart's
Response to Stress

What Is a Dobutamine Stress Echo?

A dobutamine stress **echocardiogram** (echo) uses a drug and harmless sound waves to help see if any blood vessels in your heart are blocked. First the drug **dobutamine** is given to make your heart beat faster, as if you were exercising. Then, painless sound waves are bounced off your heart. The sound waves change into images that the doctor watches on a video monitor. This test is often done in a hospital or test center.



During a dobutamine stress echo, a sonographer moves a transducer over your chest. The transducer bounces painless sound waves off your heart. The sound waves are used to make an image of your heart.

Before Your Test

When you schedule your test, be sure to mention what medicines you take. Ask if you should take any before the test. Don't eat, smoke, drink alcohol, or have any caffeine for 4 hours before the test. Sips of water are okay. Make sure to wear a 2-piece outfit. You may need to undress from the waist up and put on a short hospital gown. Although the test takes less than 30 minutes, allow an extra hour for checking in and getting ready for the test.



Don't eat, drink, smoke, or have any caffeine for 4 hours before the test.

Coffee, tea, chocolate, cola drinks, and some over-the-counter pain relievers may contain caffeine. If you have diabetes, ask what you may eat before 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.
- 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.



Your heartbeat is monitored throughout this test.

Report Any Symptoms

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

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

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.



You can enjoy your normal activities after the test.

Your Test Results

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.



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