

A Dobutamine Stress Echocardiogram combines an ultrasound (sound wave) study of the heart with a stress test. The test will help your doctor determine if there are areas of your heart which do not receive enough blood supply due to coronary artery disease. Prior to the test an I.V. will be started. First, you will have ultrasound pictures taken of your heart at rest. Then, a medication (Dobutamine) will be given slowly through the I.V. to stimulate your heart. During the infusion, you will be continuously monitored for blood pressure, heart rate and ECG changes. While your heart is beating rapidly, another ultrasound will be done to assess your heart's response to stress. You should allow 1-1/2 hours for the entire test which includes preparation, the stress portion and the recovery period.

The test takes approximately 1-1/2 hours.

## Patient Instructions:

1. Do not eat or drink anything 4 hours prior to the test.
2. If you are diabetic, eat a light breakfast and take your insulin.
3. On the morning of your appointment, take all your regular medications, unless otherwise instructed by your physician, except drugs containing theophylline (do not take, but bring with you) and the drugs listed below

Acebutolol	Coreg	Nadolol	Toprol
Atenolol	Inderal	Normodyne	Trandate
Bystolic	Labetalol	Propranolol	Zebeta
Carvedilol	Lopressor	Sectral	
Corgard	Metoprolol	Tenormin	

- \*\* If your doctor specifically tells you to take any of the medications listed above before the test, you may do so with a glass of water.

4. Wear 2-piece clothing and comfortable shoes.
5. If you have a history of glaucoma, please notify the person administering your test.
6. Your physician will be notified of the results.

If you need to reschedule your appointment, please call 904.202.3111. If you have any questions about your test or your test instructions, please call the physician's office that referred you for the test.