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Testing - What to Expect

DOBUTAMINE STRESS ECHOCARDIOGRAM INSTRUCTIONS

A dobutamine stress echocardiogram is actually two (2) tests combined. A dobutamine stress test is a stress test for those unable to exercise effectively on a treadmill. We attach wires to your chest as if for an EKG and administer a medicine called dobutamine that simulates the heart's reaction to exercise. An echocardiogram is an ultrasound or sonogram of the heart. For this test, you will be asked to lie on your left side for up to 30 minutes while your heart is scanned by one of our cardiovascular technologists. Then, one of our nurses will give you the dobutamine in an IV while we monitor your EKG, blood pressure, and ultrasound images. To make your test as pleasant an experience as possible, please help us by following these guidelines: Please do not eat six (6) hours before your test. Water or juice is ok. Please do not smoke eight (8) hours before your test. Wear a 2-piece outfit (shirt and pants). You will be asked to remove all clothing from your upper body for this test. Do not apply powder, lotion, or deodorant to the chest area. If you have a mobility problem where lying still and/or on your side is an issue, please tell our scheduler or the technologist.

