

DOBUTAMINE STRESS ECHO TEST

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Cardiovascular Medicine 1st floor at Mankato Clinic
1230 East Main Street Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)**Please check in at the Cardiovascular Medicine Department.**

If you are unable to keep your appointment or have questions, please call 507-389-8519 as soon as possible.

Why am I having a Dobutamine Stress ECHO Test?

A Dobutamine stress echocardiogram is a diagnostic procedure that may be used when a provider wants to assess the heart muscle under stress. If exercise on a treadmill is not an option (too much stress on the heart) due to a person's medical condition, a provider may use an intravenous (IV) medication called Dobutamine. Dobutamine causes the heart to beat faster and will mimic the effects of exercise on the heart. This test takes approximately two hours.

Before the Exam:

- Do not smoke 24 hours before the exam. This includes nicotine patches.
- Do not eat or drink anything with caffeine 24 hours before the exam. This includes decaffeinated coffee and all types of tea, soda, chocolate items, Anacin and Excedrin.
- Do not eat or drink anything four hours before the exam.
- Do not take blood pressure medicine(s) for 24 hours before the exam, unless your provider gives you other directions. Please see the attached page regarding any specific medication instructions. Bring a written list of all medicines you take.
- Bring a written list of all medicines you take. Be sure to include prescriptions, over-the-counter medicines, herbal and natural products.
- Wear loose, comfortable clothing.
- Avoid strenuous exercise on the day of the test.
- Do not apply any lotions to your skin (the ECG patches will not adhere as well).
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their imaging appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.

During the Exam:

- You will be asked to undress from the waist up. Women will have to remove their bra and will be given a gown to wear.
- The skin will be prepped. Men will be shaved appropriately and the skin will be cleaned with alcohol.
- Fifteen disposable electrodes will be placed on the chest and ECG leads will be attached.
- Baseline ECG's and blood pressures are obtained.
- You will lay on their left side with your left arm raised for the ECHO pictures. You will have to remain in this position throughout the test.
- An intravenous (IV) will be started and connected to an IV pump. The dobutamine will be infused into your vein. The drug causes your heart to pump faster and harder, as if you were exercising. Additional sets of ECHO images are obtained during the infusion of dobutamine and afterwards.
- It is normal to feel your heart pound for a few minutes. In addition, you may experience side effects such as chest pain/pressure, headache, dizziness, nausea, shortness of breath, shaky, warm and flushed. If you begin to notice these symptoms or other symptoms of concern, notify the stress lab personnel immediately. Dobutamine has a short duration of action so the effects wear off quickly once the Dobutamine infusion is turned off.
- The Dobutamine infusion is turned off if:
 - You exceed a "target" heart rate based on your age.
 - The cardiologist or cardiology tech/nurse detects abnormal changes on your ECG.
 - You experience significant symptoms, such as shortness of breath, chest pain, chest tightness or dizziness.

After the Exam:

- After the test the patient will be monitored until any symptoms disappear and heart rate, blood pressure and ECG's return to normal.
- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.