

Dobutamine Stress Echocardiogram

Your exam is scheduled for: _____
Day Date Time

Please check in at: _____ a.m./p.m.

- Park Nicollet Heart and Vascular Center
3rd Floor
6500 Excelsior Blvd.
St. Louis Park

About the procedure

A dobutamine stress echocardiogram is a test that helps detect narrowing of the coronary arteries (the blood vessels that supply the heart). It is used for patients who are unable to exercise as needed for a regular stress echocardiogram.

The procedure combines chemically induced exercise with an ultrasound study of the heart. A medication (dobutamine) is administered, which affects the heart much like exercise would, and the ultrasound uses sound waves to create a picture of the heart.

Before the procedure

- Bring a list of your current medications with you.
- Some medicines affect the results of the stress test. Examples of these are Tenormin® (atenolol), Lopressor® or Toprol® (metoprolol), Inderal® (propranolol) and Coreg® (carvedilol). Unless your doctor specifically tells you to continue these medications, we recommend that you stop taking them at least two days before your stress test. If you are taking other medicines on a regular basis, continue these as usual on the day of the test.
- Do not consume any caffeine for 12 hours before your test. This includes coffee, decaf coffee, tea, decaf tea, chocolate, soft drinks containing caffeine, No-Doz®, Anacin® or Excedrin®.
- You will be asked to fill out a short questionnaire before the test.
- The testing lab is not a safe environment for children. Please do not bring your children.
- You may eat a light meal up to two hours before your test. We encourage you to consume liquids without caffeine before your test.

During the procedure

- An IV will be started in your arm.
- A contrast agent will be used during the test. This contrast is not related to X-ray contrast or dye.
- The drug, dobutamine, will be given to you through the IV to simulate exercise in your heart. The amount of time this takes varies, depending on how you respond to the medicine. During this time, you may feel your heart beating faster and harder. It may be uncomfortable but should not be painful.
- Expect the entire test to take about one hour.

Results

Tests are read the same day as they are performed. Normal results will be sent to your doctor in three to five days. If your results are abnormal, your doctor will be contacted as soon as the test is read.

continued on next page

Questions and scheduling

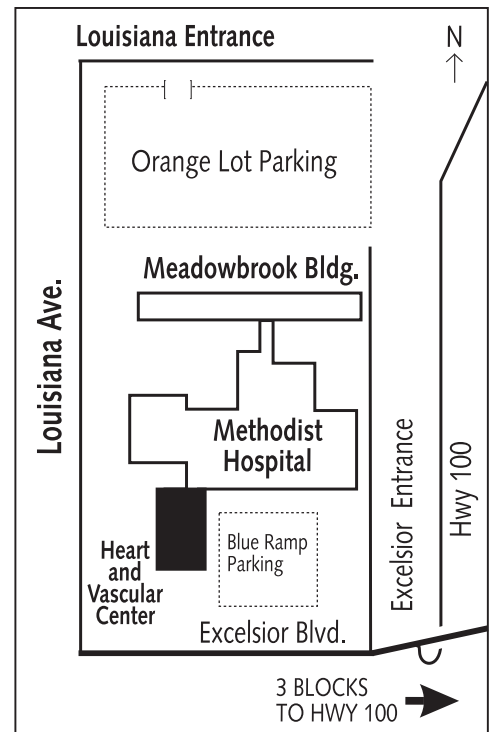
If you have any questions regarding the test, please call the doctor ordering the test. If you need to cancel or reschedule the test, please call Methodist Hospital Cardiology Scheduling at 952-993-5305.

Location

Park Nicollet Heart and Vascular Center

3rd Floor
6500 Excelsior Blvd.
St. Louis Park, MN 55426

Take Hwy. 100 to Excelsior Blvd.; go west about one-half mile. Enter the Heart and Vascular Center at 6500 Excelsior Blvd. Park in the Blue Ramp.



Park Nicollet Health Services is an integrated care system that includes Methodist Hospital, Park Nicollet Clinic, Park Nicollet Foundation and Park Nicollet Institute. Park Nicollet Health Services is based in St. Louis Park and has more than 8,000 employees, including 690 physicians on staff.

parknicollet.com