



Patient Information Guide for Pharmacological Stress Echo (Dobutamine – DOB)

What is a pharmacological stress echo?

Your doctor has ordered a pharmacological stress-echo procedure to mimic the effects of exercise on the heart. This allows us to diagnose the presence or absence of coronary artery disease (blocked arteries supplying your heart with oxygen).

What will happen during the test?

A cardiologist will be present in the room, as well as a Cardiac Technologist, and an Echocardiography Technologist. You will be attached to an ECG machine and a blood pressure cuff so that your ECG and blood pressure can be monitored. An echocardiogram will be performed before, during, and after the test. This will enable us to see the motion of the heart before, during and after the stress imposed on the heart. Echocardiography is not harmful in any way, however, a slight discomfort may be felt from the pressure applied to the chest to obtain the necessary pictures. An IV will be inserted in the antecubital vein to administer both contrast (a micro-bubble solution that aids in imaging of the heart) and the pharmacological agent being used (dobutamine). The IV will be removed at the end of the procedure. The test will be conducted in the Stress/Echo Lab of the Asclepios Cardiology Clinic.

How long is the test?

The test takes 40-60 minutes to complete.

What should I do to prepare for the test?

- You may have been asked to stop certain medications 3 days prior to your test. Please confirm which medications you need to stop. Check with your own family doctor or call the clinic if you are unsure what medication to stop.
- You should not eat 3 hours before the test; you should not drink 1 hour before the test; you should not have ingested caffeine for 24 hours before the test (please see chart of foods that contain caffeine).
- If you are diabetic, you can have something small to eat or drink. If you are asthmatic, ensure that this information has been passed along to staff before the test.
- Please have a list of all your medications and a list of all allergies.
- You will be asked to sign a consent form prior to starting this test.

You will not be allowed to drive home – you must be accompanied by a driver, or have someone meet you at the clinic when the test is finished and drive you home.

PATIENTS ARE TO ARRIVE 10 MINUTES BEFORE THE APPOINTMENT TIME.



Drinks Containing Caffeine	
Coffee	Pepsi
Instant coffee	Diet Pepsi
Decaffeinated coffee	Regular colas
Brewed tea	"Caffeine free" cola
Iced Tea	Dr. Pepper
Instant tea	Mr Pibb
Coca-Cola	Mellow Yellow
Diet Coke	Mountain Dew
Tab	Cocoa
Foods Containing Caffeine	
Chocolate Candy	Chocolate coated products
Baking chocolates	Chocolate cake
Chocolate pudding	Chocolate milk
Brownies	

How do I get the results?

The sonographer and ECG technician are not able to provide you with test results. The test will be read and reported by a cardiologist, and that report will go to your doctor. The results of the test will be given to you by the referring physician or your family doctor.

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