

Center for Cardiovascular Health

You are scheduled for a Dobutamine Stress Echo

What to expect:

The purpose of a Dobutamine Stress Echo is to evaluate blood flow through vessels that supply the heart (the coronary arteries). First an intravenous line (IV) is started, you are hooked up to an EKG, followed by an echocardiogram (cardiac ultrasound). Medications are administered to increase heart rate and blood pressure as if you were walking on the treadmill. You will be lying comfortably on your left side, having ultrasound pictures recorded throughout the procedure.

How to prepare:

- Do not eat food or use tobacco products **2 hours prior** to your scheduled appointment. Sips of liquid are ok.
- Wear comfortable pants or shorts. Do not wear pantyhose.
- Do not apply lotion to your skin the day of testing

Medications:

- Take your medications as usual, except **DO NOT** take Beta Blockers **24 hrs prior** to your test.
- Beta Blockers include: **Atenolol, Metoprolol, Carvedilol, Labetalol, Nadolol and Propranolol.**

Approximate Test Time:

- One hour

Test location: _____

Check-in time: _____

** Your provider will call you with results.*

If you have any questions about your Dobutamine Stress Echo, please call the Echo Lab at (206) 223-6936.