Dobutamine Echocardiogram

A dobutamine echocardiogram is a test to look at how your heart works. This test uses a medicine called dobutamine. This medicine is used when you are unable to exercise on a treadmill. It makes your heart work in a way similar to exercise. An echocardiogram looks at how the heart moves. While doing this test, your doctor will check to see if:

- You have chest pain.
- You have problems breathing.
- You become dizzy or feel like you will pass out.
- You have problems with high or low blood pressure during the test.

BEFORE THE TEST:

- Do not eat or drink anything for 6 hours before the test or as told by your doctor.
- Do not eat or drink foods with caffeine for 24 hours before the test. Do not smoke on the day of your test. Nicotine and caffeine can interfere with your test results.
- Check with your doctor about what medicines you should or should not take before the test.

WHAT HAPPENS DURING THE TEST?

- You will be hooked up to a monitor to watch your heart rate.
- Before the medicine is given, an echocardiogram will be done. Echocardiogram pictures will be done during the test. For an echocardiogram:
  - A clear gel is placed on your chest.
  - A wand-like device is moved over the gel on your chest.
  - Pictures are then taken using sound waves that come from the wand.
- An IV will be started in your hand or arm. The dobutamine will be given through the IV.
- Dobutamine will cause your heart to beat as if you were exercising. This may cause:
  - A warm flushed feeling throughout your body.
  - Skipped or pounding heart beats.
  - Shortness of breath.
  - Chest pain.
  - Dizziness.
  - Headache.
- Dobutamine is very short acting. Your heart rate should return to normal in 5 to 10 minutes. The IV will be removed once the test is done.
- The test will take about 60 minutes. You may go home when your heart rate is stable and your doctor says it is okay to do so.

FINDING OUT THE RESULTS OF YOUR TEST

Make sure you know how to get your test results. If you do not get your results, call your doctor to find out the test results. Do not assume everything is normal if you have not heard from your doctor. It is important to find out the results of your test.

GET HELP RIGHT AWAY IF YOU:

- Have chest pain, feel your heart racing or skipping beats.
- Have a hard time breathing or cannot catch your breath.
- Feel dizzy or pass out.

MAKE SURE YOU

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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