

## **Dignity Health Medical Group – Golden Empire Cardiology**

### **DOBUTAMINE ECHOCARDIOGRAM EXAMINATION PREPARATION**

A Dobutamine echocardiogram is an ultrasound examination of your heart that evaluates for potential heart blockages. Because you are unable to walk on a treadmill to increase your heart rate for this evaluation, you will be given in a graduated fashion a medication called Dobutamine intravenously that will increase your heart rate. Because of this you must follow the following guidelines prior to arriving to our office for this examination.

#### **SPECIAL INSTRUCTIONS TO PATIENT**

- Do not eat or drink six hours prior to procedure.
- Do not take medications, including Nitro Patch, on the day of the test unless instructed to.
- Wearing a button up or loose fitting shirt is preferred for patient comfort. For female patients, you may need to remove your bra for proper lead placement during the procedure.
- Please hold the following medications 48 hours prior to the scheduled test: **TENORMIN, ATENOLOL, LOPRESSOR, METOPROLOL, KERLONE, BETAPACE, SECTRAL, COREG, CARVEDILOL, INDERAL, PROPRANOLOL, TOPROL, BYSTOLIC AND BISOPROLOL. PLEASE HOLD ALL BETA BLOCKERS.**
- Questions regarding medications, please call the office at 661-321-3161.
- Failure to hold these medications will result in rescheduling of your examination.
- Please wear no perfume, cologne or lotion.
- This examination requires an insertion of an IV. Should you have difficulty with this or special requests such as a porta Cath, please notify our office prior to the examination so arrangements can be made.
- This examination takes approximately 60 to 90 minutes to perform. You are allowed to drive home following the procedure. Should you have a history of low blood pressure or difficulty with medication it is suggested that you have a driver to take you home.