

## **STRESS ECHO AND DOBUTAMINE STRESS ECHO INSTRUCTIONS**

This test is used to assess the pumping action of your heart and the blood flow to your heart muscle. Your heart will be stressed either with exercise (treadmill test) or by injection of dobutamine, a special medication that increases the heart rate and strength of the heart beat (no exercise will be done if this drug is used).

### **PREPARATION FOR STRESS ECHO**

- ♥ We will discuss which medications you can or cannot take prior to the test. Bring all of your current medications to your appointment.
- ♥ You may eat and drink up to two hours before the test.
- ♥ For women - no dresses or skirts, please. Wear comfortable clothing with a separate top and bottom.
- ♥ Please wear comfortable walking shoes as you will be walking vigorously on a treadmill.
- ♥ Do not wear sandals, flip-flops, or boots.

### **PREPARATION FOR DOBUTAMINE STRESS ECHO**

- ♥ We will discuss which medications you can or cannot take prior to the test. Bring all of your current medications to your appointment.
- ♥ You eat and drink up to two hours before the test.
- ♥ For women - no dresses or skirts, please. Wear comfortable clothing with a separate top and bottom.
- ♥ An intravenous line will be started prior to starting the test.

We are pleased to answer your questions or discuss your condition with other health care professionals.