



DOBUTAMINE NUCLEAR STRESS TEST

Your physician has ordered a Dobutamine Nuclear Stress Test to examine your heart. This test does not involve any treadmill exercise. Instead, this test uses a medication called Dobutamine that simulates the effect of exercise on your heart. We hope the following information will help you prepare for the test.

WHAT WILL HAPPEN DURING THE TEST?

On the day of your test, an IV will be started in your arm. You will receive a dose of a radioisotope through your IV and, after waiting for about 30-45 minutes, you will have a Nuclear Medicine scan. After your scan, you will be taken to the stress lab, electrodes will be placed on your chest to record an electrocardiogram (ECG), and a blood pressure cuff will be placed on your arm to monitor your blood pressure.

During the Dobutamine infusion, your blood pressure and ECG will be closely monitored. When a predetermined heart rate has been achieved, a second dose of the same radioactive isotope you received earlier will be injected through your I.V. After a brief recovery period, you will be taken back to the Nuclear Medicine department where you will receive another Nuclear Medicine scan.

The test takes about 2 ½ to 3 hours. Your physician's office will call you within a few days with your test results.

HOW SHOULD YOU PREPARE?

1. No solid food for four hours prior to the exam.
2. No caffeinated items for the entire day prior to the test. These include coffee and tea (including decaf), caffeinated sodas, chocolate, cocoa, and

certain pain medications that contain caffeine, such as Excedrin, Anacin, Midol, Fiorinal, etc. Please read the label. If you have any additional questions about caffeine, please call.

3. Please come well-hydrated. You may have water, apple juice, cranberry juice, or other clear, non-caffeinated liquids up to the time of your test.
4. The morning of the exam patients should take all their usual medications except for medications in the **beta-blocker** class. Some examples of beta-blockers are Inderal, Toprol, Lopressor or metoprolol, Tenormin or atenolol, Coreg or carvedilol, Visken or Corgard, Zebeta, Ziac, bisoprolol, etc. These medications are generally held for 24-48 hours prior to the test.

Please contact your doctor before stopping any of these medications and follow his or her instructions.

5. Please bring a light snack with you. Once the stress portion of the test is completed, you may eat.
6. If you use insulin to control your blood sugar, discuss this with your doctor to determine how much insulin you should take the day of the test.
7. If you are unable to keep your appointment, it is important that you give us 24 hours notice.
8. If you have any other questions, please feel free to call us at **541-388-4333**.