

**Northside Cardiology**  
5670 Peachtree Dunwoody Road Suite 880 Atlanta, GA 30342  
3400 Old Milton Parkway Building C, Suite 360 Alpharetta, GA 30005  
1400 Northside Forsyth Dr. Suite 340 Cumming GA 30041

Office 404.256.2525 Fax 404.845.4720 www.nscatl.com  
Barry D. Silverman, M.D. Jack P. Chen, M.D. Michael A. Balk, M.D.  
Nabeel Hafeez, M.D. Marcus Brown, M.D. Mohammad Kooshkabadi, M.D.

## **DOBUTAMINE STRESS ECHO**

■ A Dobutamine Stress Echo take approximately 1 hour. It is very important that if you are unable to make this appointment, you call Northside Cardiology, at 404-256-2525 at least 48 hours prior.

■ Your SCHEDULED ARRIVAL TIME is \_\_\_\_\_ for test preparation.  
*Important:* you are expected to arrive 30 minutes prior to your scheduled test time. If you are more 15 minutes late from your arrival time, please understand that we may have to reschedule your test.

■ Your SCHEDULED TESTING TIME IS \_\_\_\_\_.

A Dobutamine Stress Echocardiogram (“echo”) is a test that combines an ultrasound study of the heart with a medication-induced stress test. The test is done while an infusion of Dobutamine is being given to produce an effect on the heart similar to exercise. This test allows the doctors to learn how the heart functions when it is made to work harder. It is especially useful in diagnosing **Coronary Artery Disease**, which is the presence of blockages in the coronary arteries (the vessels that supply oxygen-rich blood to the heart muscle). The test shows doctors which areas of the heart muscle do not receive an adequate blood supply. However, it does not provide images of the actual coronary arteries. If your doctor suspects blocked or narrowed arteries, additional tests may be recommended.

### **Is the Dobutamine Stress Echo Safe?**

The echocardiogram itself is very safe. There are no known risks from the ultrasound waves. The Dobutamine test is also safe. A small amount of risk does exist because it stresses the heart. Possible rare complications include abnormal heart rhythms and low blood pressure. Experienced personnel are available to handle any emergency. Side effects may occur during the infusion but they are usually mild. They may include chest pain, headache, flushing, palpitations, nausea and shortness of breath. These symptoms are relieved quickly when the infusion is stopped.

### **Preparing for the test**

- **Do not eat or drink for 4 hours prior to the test.** This will help prevent the possibility of nausea, which may accompany the infusion of the Dobutamine.
- **If you are currently taking heart medications** (especially beta-blockers), check with your doctor. He or she may ask you to stop them a day or two before the test. This can help get more accurate test results.
- **If you are Diabetic** and taking Insulin or Diabetic medication, hold your medicines for morning testing.
- **If your test is in the afternoon**, make sure you consult with the cardiologist regarding your insulin or medication.
- **You will be asked to sign a consent form.** Before the test, you will be given an explanation of the test. Feel free to ask any questions about the procedure before you sign the consent form.
- An intravenous (IV) line will be inserted into a vein in your arm, to allow the infusion of Dobutamine. Electrodes (small sticky patches) will be placed on your chest to obtain an ECG (electrocardiogram), and to continuously record your heart rhythm and rate.

### **What Happens During the Test?**

A resting echo is recorded before the Dobutamine infusion; a Cardiologist will evaluate the resting echo images. A nurse will monitor the infusion, your heart rate, rhythm, and blood pressure continuously during the test. The Dobutamine dose is increased every few minutes. Additional sets of echo images are obtained during the infusion of Dobutamine and afterwards. The test usually ends when sufficient information has been obtained when your heart beats fast enough. It may also be stopped when the ECG show abnormal changes, or when you experience significant symptoms.

### **YOUR RESULTS WILL NOT BE AVAILABLE ON THE DAY OF YOUR TEST**

Test results are mailed or faxed to your referring physician within 48 hours of interpretation by our cardiologist. A follow-up appointment with the physician who ordered the test should be scheduled for 1 to 2 weeks.

## **ANTI-ARRHYTHMIC MEDICATIONS**

### *Generic Name*

Amiodarone  
Disopyramide  
Flecainide  
Propafenone  
Procainamide  
Quinidine  
Sotalol

### *Brand Name*

Cordarone, Pacerone  
Norpace  
Tambaccor  
Rythmol  
Pronestyl  
Quinidine, Quinaglute  
Betapace

## **BETA BLOCKERS**

### *Generic Name*

Acebutolol  
Atenolol  
Betaxolol  
Bisoprolol  
Carteolol  
Carvedilol  
Labetolol Hydrochloride  
Nadolol  
Metoprolol  
Lopressor, Toprol (XL)  
Oxprenolol Hydrochloride  
Penbutilol Sulfate  
Pindolol  
Propranolol  
Inderal, Navopropanol  
Timolol Maleate

### *Brand Name*

Sectral  
Tenormin  
Hydrochloride Kerlone  
Zebeta, Ziac  
Cartrol  
Coreg  
Trandate, Normodyne  
Corgard  
Apo-Metrolol, Betaloc,  
  
Trasicor  
Levatol  
Visken  
Apo-Propranolol, Detensol,  
  
Blocadren

## **OCULAR (eye) PRODUCTS CONTAINING BETA BLOCKERS**

### *Generic Name*

Betaxolol Hydrochloride  
Betopic S Ophthalmic  
Levo-Bunolol  
Timoptoc

### *Brand Name*

Betopic Ophthalmic,  
  
Betagan  
Timolol

## **COMBINATION PRODUCTS CONTAINING BETA BLOCKERS**

### *Generic Name*

Atenolol Chlorthalidone  
Labetalol Hydrochloride & Hydrochlorothiazide  
Metoprolol Hydrochlorothiazide  
Nadolol Bendroflumethiazide  
Pindolol Hydrochlorothiazide  
Propranolol Hydrochlorothiazide  
Timolol Hydrochlorothiazide

### *Brand Name*

Tenoretic  
Normozide  
Cobetaloc  
Corzide  
Viskazine  
Inderide  
Timolide

## **CALCIUM CHANNEL BLOCKERS OR COMBINATION PRODUCTS**

### *Generic Name*

Diltiazem  
Verapamil

### *Brand Name*

Diltia XL, Tiazac, Cardizem, Dilacor  
Isoptin Chronovera, Calan