



The
Cardiovascular Group
CENTRA Stroobants Heart Center

2410 Atherholt Road
Lynchburg, VA 24501
(434) 544-2331 or (434) 200-5252

Instructions for Dobutamine Stress Echo

1. Do **not** eat or drink coffee or any carbonated beverages six (6) hours before test.
2. Do **not** smoke two (2) hours before test.
3. Wear comfortable, loose-fitting clothing.
4. An IV will be started to give you the dobutamine to work your heart.
5. Please check with your physician regarding whether or not your medications should be continued for the test. Bring all your medications with you to the test.
6. Expect to spend approximately one (1) hour for the test. Please use our restrooms in the lobby upon arrival prior to your test, so you are comfortable while you are having your test.
7. If you do not feel well for any reason prior to the day of the test please call as soon as possible for rescheduling.

Your report will be sent to your primary physician, and he or she will advise you of the results.

Bring your insurance cards with you for the appointment.

If you are taking any of the following beta-blockers, calcium-channel blockers, or nitrates, **you must stop these 48 hours prior** to any stress test, stress echo test, or nuclear test:

Coreg	Betapace (sotalol)
Corgard (nadolol)	Levatol
Tenormin (atenolol)	Blocadren (metoprolol)
Lopressor (metoprolol)	Lopressor HCT
Toprol	Inderal (propranolol)
Tenoretic	Kerlone (betataxolol)
Sectral	Viskin (pindololol)
Zebeta	Ziac
Cartrol	Corzide
Timolol	
Procardia (nifedipine)	Nicardipine
Covera HS (verapamil)	Isordil
Cardizem (diltiazem)	Imdur
	Ismo

Six hours prior to test, you must STOP the following:

- All forms of coffee and tea – caffeinated and decaffeinated
- All chocolate drinks and foods containing chocolate
- All cola drinks, including sugar-free and decaffeinated

Diabetics: Please take half of your routine insulin dose the morning of the test and bring a protein snack.

Bring all of your medications with you to the office to take after your test.