

Dobutamine stress echocardiogram

The test is used to examine your heart and valve function when you are unable to exercise. You will be asked to lie on your left side on an examination couch. Your ECG and blood pressure will be monitored throughout the test. Initial ultrasound images of the heart will be taken from different areas of your chest. A small needle is inserted into a vein and Dobutamine (which is a medication that we use to stress the heart) will be delivered directly into your body.

On the day of the test

- Bring a list of your current medications
- Do not eat anything for 3 hours prior to the test
- You may drink water up to 30 minutes prior to the test
- Wear a 2 piece outfit and comfortable footwear

Immediately before starting the test

- You will need to undress to the waist
- Men may require part of the chest to be shaved
- Electrodes will be placed onto the chest and an ECG lead connected

During the test

- You will be supervised by a team of trained personnel
- Your blood pressure, pulse rate and electrocardiogram will be monitored continuously
- You will need to lie on your left side and initial ultrasound images will be taken
- A needle will be inserted into a vein in the forearm
- Subsequent ultrasound images will be taken

After the test

- You will be monitored for 5 minutes upon completion of the test
- You will be asked to remain seated in reception for a further 10 minutes to ensure you are fully recovered prior to leaving the medical centre
- A full report will be sent to your doctor