



**CPS Cardiac Testing:**

Medical Centre 1: Suite 206, 430 The Boardwalk, Waterloo, ON, N2T 0C1

**CPS Pulmonary Testing:**

Medical Centre 2: Suite 303, 435 The Boardwalk, Waterloo, ON, N2T 0C2

Phone: 519-741-5252

Fax: 519-741-5772

Website: [www.kwcps.com](http://www.kwcps.com)

email: [cps.admin@kwcps.com](mailto:cps.admin@kwcps.com)

## **Dobutamine Stress Echocardiogram**

This test is performed in **Medical Centre 1:**  
Suite 206, 430 The Boardwalk, Waterloo, ON, N2T 0C1

### **What is a Dobutamine Stress Echocardiogram?**

Stress echocardiography is a test that uses ultrasound imaging to show how well your heart muscles are working to pump blood to your body when your heart rate is increased. This test is mainly used to detect a decrease in blood flow to the heart muscles caused by coronary artery disease. Rather than maneuvering yourself on a treadmill, your heart rate will be increased with a drug called Dobutamine.

### **How long will my appointment be?**

CardioPulmonary Services makes every effort to begin your appointment on time. You should expect this test to take roughly one (1) hour.

### **How is the test performed?**

A small intravenous (IV) needle will be inserted into your forearm or hand to allow delivery of Dobutamine. This will increase your heart rate over a period of approximately 20 minutes. You will be lying down on your left side throughout this test.

A resting echocardiogram will be done first. While you lie on your left side, a small device called a transducer is held against your chest. A special gel is used to help the ultrasound waves get to your heart to make an image.

Your heart rate and rhythm (ECG), and blood pressure will be monitored throughout the entire procedure.

More echocardiogram images will be taken at different stages throughout the exam, while your heart reaches its maximum. These images will show whether any parts of the heart muscle are not functioning properly when your heart rate is increased. This could be a sign that part of the heart may not be receiving enough blood or oxygen due to narrowed or blocked arteries.



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### **How do I prepare for the test?**

You may eat a light meal or snack before this test.

Please **stop all Beta-blockers for 48 hours prior to testing.** These are medications which keep your heart rate controlled. If you are unsure if you are taking Beta-blockers, please check with your doctor.

### **How will the test feel?**

This should be a painless test for most patients. You will be asked to lay down on your back or on your side in a darkened room. There will be cool gel applied to the chest to ease motion of the transducer. The transducer may be applied with slight pressure which may cause discomfort for some patients.

### **Why did my doctor ask for this test?**

An echocardiogram may be performed for evaluation of signs or symptoms suggesting (but are not limited to):

- Heart attack or stroke
- Palpitations
- Heart murmur
- Shortness of breath
- High blood pressure
- Congenital heart disease
- Infection or inflammation involving the heart
- Decreased heart function