

# Dobutamine Stress Echocardiogram Patient Instructions

Patient name \_\_\_\_\_

Provider \_\_\_\_\_

## PATIENT CHECK-IN INSTRUCTIONS:

- Bring your insurance card, legal identification card (photo ID) and this form with you.
- Check in on the **6th floor of James Tower** at Swedish Cherry Hill campus, **Suite 630**, Swedish Cardiovascular Diagnostic Imaging Center.
- It is very important that you arrive at your appointed check-in time which is **30 minutes before** the actual test time. This time is used to start the IV and prepare you for the test. We are located in the city where traffic and parking are challenging. Please plan extra time for travel and parking.
- If you are late for your appointment, we may need to reschedule you to another day. We understand there may be a special situation that causes you to be late and we do try to make every effort to accommodate our patients to the best of our ability.
- The department phone number is **206-320-5353**, Monday-Friday, 8 a.m. to 5 p.m.

## WHAT IS A DOBUTAMINE STRESS ECHO?

This test looks at your heart's response to stress. Painless ultrasound waves are used to look at your heart muscle while you are given medicine through an IV that causes your heart to gradually beat faster and harder similar to when you exercise. This test indirectly shows weaknesses in the heart muscle which may mean there is less blood flow through the blood vessels of the heart. **Plan to allow two hours for the test.**

## WHAT TO EXPECT DURING THE TEST

You will be asked to change into a patient gown. Small, sticky pads (electrodes) are placed on your chest wall which record your heartbeat. An IV (intravenous) will be started in your arm. A painless device called a transducer will be coated with gel and moved firmly around on your chest. This device creates the sound waves which help us to see the heart. The medicine (called Dobutamine) is slowly given through your IV. It is normal to feel your heart beating hard or pounding in your chest for a few minutes. This is the medicine "acting" like exercise and causing you to feel this way. You will be asked to squeeze ergonomic stress balls and move your legs to the best of your ability. This small amount of exercise helps circulate

Test date(s): \_\_\_\_\_

Day(s): \_\_\_\_\_

Check-in time: \_\_\_\_\_ a.m./p.m.

Appointment time: \_\_\_\_\_ a.m./p.m.

This appointment time has been reserved especially for you. If you need to cancel for any reason, kindly provide us with 24 hours notice by calling 206-320-3202.

the medication and raise your heart rate to the target level. Target heart rate is calculated by the staff and based on your age. The ultrasound (echo) images are taken while you feel the effects of the drug and for a bit once your heart beat returns to normal. Sometimes it is necessary to give a second drug to help slow your heart beat to normal. Your blood pressure and heart beat are monitored throughout the test. You will be asked to report any symptoms you feel during the test. Staff will be at your side the entire time of the test.

## INSTRUCTIONS

- Do not eat or drink anything 4 hours** before your test. Sips of water are okay.
- If you take medication for diabetes please ask your doctor or medical provider about managing your medicine around the test.
- No smoking or caffeine** at least four hours before the test. (No coffee, tea, cola, decaffeinated beverages, chocolate and some over the counter pain relievers)
- No alcohol or recreational drugs** at least four hours before the test.
- Some medications can change the test results or interact with the medication used in this type of test. Check with your doctor or medical provider for instructions regarding your medications. You may be asked to skip some medications before the test.
- Do not hold or adjust any prescription medications unless instructed by the medical team.**
- If you use **inhalers**, bring them with you.
- Wear a loose-fitting two-piece outfit.
- Do not wear lotions, oils, body spray, perfumes or powders.
- You will receive a phone call from one of our nurses 1-2 days before your test. They will carefully review instructions and be happy to address any questions you have.

## DRIVING DIRECTIONS

### From the south

Take I-5 northbound to the James Street Exit (164). Turn right (east) on James Street. James Street will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson Street (west). Turn right into the main entrance (north).

### From the North

Take I-5 southbound to the James Street Exit (165A). Turn left (east) on James Street. James will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson Street (west). Turn right into the main entrance (north).

## PARKING

**Short-term parking** is available in the Plaza Garage. Enter from the main driveway.

**Long-term parking** is available in the 16th Avenue Garage, on 16th Avenue. From the main entrance of the hospital, turn right on Jefferson Street (west). Turn right on 16th Avenue (north). The garage entrance is up the block on the left.

**Parking validation is not available.**

## BUS INFORMATION

The following web site provides information regarding bus routes to the Cherry Hill campus:  
[http://tripplanner.kingcounty.gov/cgi-bin/itin\\_page.pl?resptype=U](http://tripplanner.kingcounty.gov/cgi-bin/itin_page.pl?resptype=U).



## CARDIOVASCULAR DIAGNOSTIC IMAGING CENTER

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[swedish.org](http://swedish.org)

We do not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender identity or expression, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY:711)

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY:711)