

## TREADMILL OR DOBUTAMINE STRESS ECHO INFORMATION SHEET (Bring Physician's Order to Central Registration)

Appointment Date:

Arrive at MTR Central Registration at:

\_\_\_\_\_ has been scheduled for a Treadmill or Dobutamine Stress Echo at McLaren Thumb Region. Please report to Central Registration for registration and preparation for the study.

Your doctor has ordered a Treadmill or Dobutamine Stress Echo Test. The test is a study of your cardiovascular fitness. Problems with heart rate and rhythm which do not occur at rest may become apparent with stress. Dobutamine is a medication that increases your blood pressure, your cardiac muscle contractility and your heart rate the same as walking on a treadmill. Many people due to some physical limitations are unable to walk for any length of time to get an adequate stress test; therefore you need to stress the heart in another manner. Dobutamine is given intravenously.

The Treadmill or Dobutamine Stress Echo is performed by a specially trained technician. The Technician will explain the procedure and ask you questions about your past health. If necessary, hair will be shaved from small areas of the chest so that the electrodes for monitoring will remain secure during the study. An intravenous line may be started before the stress test for the purpose of infusing the Dobutamine medication or Difinity contrast to enhance echo cardiogram images.

Before Exercise or Dobutamine infusion an Ultra Sound (Echocardiogram) is taken of your heart, this is the resting Echocardiogram. During the exercise or infusion your heart will be monitored continuously with electrocardiogram and blood pressure readings. A cardiologist is on site during testing and will review results with you and any family members when testing is completed. If you feel any discomfort please let your technician know. The test will be stopped when either you reach your target heart rate or you experience personal feelings of discomfort. Once the exercise or medication has increased your heart rate to the level the physician wishes; the medication infusion or treadmill is stopped and a repeat Echocardiogram is taken to check the heart function with stress. The cardiologist will compare the two Echocardiograms, review the EKG's taken during the stress and interpret the findings to determine the extent and location of previous heart damage and pinpoint any areas at risk for damage. A dictation of the test will be sent to your family physician.

### TEST PREPARATION:

- A good night's rest prior to the day of testing is strongly recommended.
- Avoid strenuous physical activity on the day of test.
- Avoid food **4 hours before the test**, no smoking 12 hours before and avoid caffeine for 12 hours.
- Do not apply lotion, oil or powder to your chest.
- Bring your medications or updated list with you.
- If you are diabetic, please call your doctor and ask how to adjust medication/insulin prior to testing.

**If your insurance requires a referral (Health Plus, Blue Care Network, Community Choice Medicaid) you will need to contact your primary care physician prior to having test done. Please allow at least 2 weeks for referral to reach our office.**

Please see attached list for medications to stop prior to testing.

If you have any questions regarding this procedure, please call our office.

Day of testing arrive at Central Registration 15 minutes prior to scheduled test time. Please bring physician's order and insurance cards.

After testing you will be able to eat and drink your normal diet and resume normal medication unless instructed differently by cardiologist post testing.

Any questions feel free to contact Cardiopulmonary Department at (989) 269-9521 extension 4421.