



DOBUTAMINE NUCLEAR TEST INSTRUCTIONS

REV. 8/95

We have scheduled you for an I.V. Dobutamine Test on ____ / ____ / ____

LOCATION: _____ at _____ AM/PM.

I.V. Dobutamine is a stress simulating pharmaceutical which will be taking the place of a treadmill. This test is usually scheduled for patients who are unable to walk on a treadmill. This medicine, in conjunction with the radionuclide will allow us to visualize the blood flow to your heart via the coronary arteries.

DESCRIPTION OF THE PROCEDURE: A nurse will start an IV line in your arm. Then a radionuclide will be administered through the IV. You will have a half hour wait to let the radionuclide circulate to your heart tissue. You will then lie under a camera with your arms above your head for approximately 20 minutes. During that time a Nuclear Medical Technologist will be obtaining pictures of your heart. After the first set of images you will then receive Dobutamine through the IV line. This medicine will increase your heart rate, simulating stress. It may sometimes cause a feeling of heart racing, shortness of breath or on a rare occasion, chest pain. These are short-lived side effects of the medications. After a few minutes, a small amount of a radionuclide will be administered through the I.V. line again. After the medicine portion of the test you will have an approximate 45 minute wait again to let the radionuclide circulate to your heart tissue, you will then have another set of images taken under the same camera.

DIETARY INSTRUCTIONS: We do insist that you avoid any chocolate, caffeine, and decaffeinated products for 24 hours and the day of the test. Caffeine products interfere with the test. You may drink water, milk, ginger ale and juice. You may eat a light meal before your test. **IF YOU ARE DIABETIC PLEASE FOLLOW YOUR USUAL DIETARY ROUTINE**, except caffeinated products as listed above.

MEDICATIONS: If you are on any heart or blood pressure medications, please check with our office for instructions.

Blocadren (Timolol)	Lopressor (Metoprolol)	Tenormin (Atenolol)
Cardene	Normodyne (Labetalol)	Toprol
Cardizem (Diltiazem)	Sectral	Verelan
Corgard (Nadolol)	Sulfar	Verapamil (Isoptin, Calan)
Dilacor	Tenoretic	Visken
Inderal (Propranolol, Inderide)		Ziac

A nurse will be calling you a few days prior to your scheduled appointment to go over your medications and to give you any further instructions.

CLOTHING: Please wear comfortable clothing for your test. We ask that women **do not wear any underwire bras or any front closure bras with metal hooks, nylons and/or pantyhose.** Women will be provided a gown to wear.

HOW LONG IS THE TEST: This is a 1-day test. Please plan to be at our office for approximately 3 hours.

HOW TO GET TEST RESULTS: Please call the physician who ordered this test for the results.

CANCELLATIONS: 24 hours notice is required if you are unable to keep this appointment or you may be **financially responsible** for the cost of the pharmaceutical agents (drugs, nuclear medicine) purchased for your appointment.

If you have any questions regarding this procedure, please call, 565-6466 - ask for Stress Testing Lab

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