You Are Scheduled for a Dobutamine Stress Echo Study

Name: ________________________________
Date: ________________________________
Time: ________________________________
Approximate Duration: 2 hours
History/Diagnosis: ______________________
_____________________________________
_____________________________________
_____________________________________
Authorization Number: ________________
_____________________________________
Location: Miller Regional Heart Center
Reading Hospital
N-Building, 1st Floor

Directions
The Miller Regional Heart Center at Reading Hospital is located on the first floor of N-Building at our West Reading campus. You access N-Building from 5th Avenue at the traffic light. This driveway is marked with a large sign that indicates parking for the 5th Avenue Parking Garage.

Parking & Entrance
- You will be given a Miller Regional Heart Center parking tag in advance of your appointment. Please hang this tag from your rearview mirror.
- Use the 5th Avenue entrance to our West Reading campus.
- For FREE valet parking, patient drop-off, or assistance, follow the driveway straight back and beneath the building to the valet station. The station will be marked in blue. Our valets wear blue shirts.
- If you prefer to park your own car:
  - Make the first left turn into the 5th Avenue Parking Garage.
  - Proceed up one level.
  - Use reserved parking spaces marked with red Miller Regional Heart Center symbols that match the symbol on your parking tag.
  - Enter through the double glass doors on the left to the Miller Regional Heart Center.
  - Follow the hallway straight ahead and turn right at the brick wall.
  - Take the next left turn into the registration area for the Miller Regional Heart Center.

Please bring this brochure, your health plan ID card, photo identification and your list of your current medications.

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**What Is a Dobutamine Stress Echo Study?**

This test will give your doctor information about your heart. Dobutamine is an IV medicine that raises your heart rate. The doctor looks at images of your heart before, during, and after you receive this medicine.

**Procedure**

During a dobutamine stress echo study, a specialized instrument, called a transducer, is positioned on various areas of your chest by a technologist. This device sends sound waves that show pictures of your heart’s size and function that can be viewed on a monitor.

Your heart and blood pressure are monitored throughout the test. An IV will be inserted and medication injected into your arm. Images are taken before, during, and after you receive a medication called, Dobutamine. This medicine gradually increases your heart rate. During the test the medicine rate will be increased every few minutes until a desired heart rate is reached or the cardiologist ends the procedure. The doctor will then compare these images to see how your heart responds to the change in rate.

A cardiologist, nurse, and technologist will be present during your dobutamine stress echo study. Please let any of them know if you feel chest discomfort, lightheadedness, or shortness of breath.

At the end of this test the IV line will be removed.

When you are finished, you may return home and resume all of your normal activities.

**Questions**

If you have any questions or need to cancel your appointment, please call 484-628-8611.

**Important Telephone Numbers**

- **Cardiology - Tower Health Medical Group** 610-375-6565
- **Billing Office** 484-628-5820
- **Call if you have any questions about your bill.**
- **Patient Advocate** 484-628-8663
- **Let us know how you felt about your experience at Miller Regional Heart Center.**
- **Call 9-1-1 if you have a life-threatening emergency.**

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**Before the Procedure**

- Do not drink caffeine-containing beverages (coffee, tea, soda) for at least 24 hours before your appointment.

**Day of Procedure**

- **Do not eat or drink anything for two hours before your appointment.**
- Please check with your doctor now about taking Beta-blocker medicines (such as Toprol®, Lopressor®, Atenolol®, Labetalol®) before the test. These medicines may keep your heart rate low and affect the test results.
- If you are scheduled to take other medications during that time, please take them with only a small amount of water.
- If you have diabetes, check with your doctor to see if you should take your diabetes medicines if not permitted to eat.
- Wear comfortable, loose-fitting clothing.

**What to Bring**

- Legal form of photo identification, such as a driver’s license.
- Health plan identification cards.
- Referral forms, if required by your health plan.
- A list of allergies you have to food, drugs, or latex.
- A list of **ALL** of your current medications. This includes drugs prescribed by your doctor and any other medicines you take. This may include over-the-counter medicines, herbal remedies, vitamins, supplements, and diet pills.

**Checking In – Reading Hospital**

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**Entrance:**

- Our Valet will direct you to the Security Desk. A Security Officer will help you find the Miller Regional Heart Center registration. If parked on your own, look for the Miller Regional Heart Center entrance which connects with level 1 of the garage. Check in at the Security Desk. Our Security Officer will point you to the Miller Regional Heart Center registration.

**Check In:** Check in with the front desk when you arrive. You will verify personal and health plan information.

**Be sure to tell us if you have a history of asthma or chronic lung disease.**

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**Follow-Up**

The results will be sent to your doctor who will discuss the findings with you at your next appointment.