



**You have been booked to have a  
Combined DOBUTAMINE and SUPINE BIKE EXERCISE STRESS  
ECHO at Hearts West, Subiaco**

NAME:

APPOINTMENT TIME:

DATE:

### **Purpose of the test**

Dobutamine stress echocardiography (DSE) is used to measure how your heart responds to stress, under medically supervised conditions. The test gives us very important information, and is usually performed for suspected coronary artery disease.

### **The test itself**

An echocardiogram is ultrasound of the heart. Images of the heart will be taken at rest, along with an ECG recording. You will be fitted onto our state-of-the-art supine bicycle for the duration of the test. You will be secured to the bicycle to allow for movement of the bicycle later in the test. An intravenous cannula (IV) will be inserted in your hand or forearm, and you will be connected to an infusion pump ("drip") containing Dobutamine. Dobutamine is a drug which stimulates the heart to pump faster and harder, similar to the effects of exercise but with you resting on the bed. Continuous ECG recordings will be made until the end of the test, and dobutamine will be given at increasing doses every three minutes until you have reached an appropriate level of stress, similar to exercise. At the end of each stage, your blood pressure is taken, the ECG is printed, further ultrasound images are taken. When the ultrasound images are taken, the bicycle is tilted on an angle to allow for the best images possible to be obtained. The test will be stopped if you develop chest pain or other symptoms, or if the ultrasound shows an abnormality of your heart in response to stress. Towards the end of the test, the cardiologist will request that you pedal gently to help increase your heart rate, and to produce a more physiological result to the test.

Three staff will be present for each test – the cardiologist, sonographer and cardiac technician.

### **Symptoms you may feel**

Many patients initially describe a tingling in their scalp when we begin the infusion of dobutamine. As the test progresses, you may feel your heart thumping as if you had just stopped running. When we stop the infusion, the symptoms usually go away within about 2 minutes. If you develop chest pain, palpitations, shortness of breath, dizziness or other symptoms it is important you tell the doctor immediately.

**Risks associated with the test**

The risks of DSE are approximately the same as sudden unaccustomed exercise. We carefully control the infusion of dobutamine, and take into account any medical problems you may have. Despite this, there is the small risk you may develop heart rhythm abnormalities, and an even smaller risk you may have a heart attack caused by the dobutamine. We are equipped with all necessary resuscitation facilities, and all staff involved are trained to deal with any complications that may arise.

**Consent to the test**

By signing below you are consenting to undergo dobutamine stress echocardiography, and understand the purpose of the test, the test itself, symptoms you may feel and any risks associated with the test.

Signature

Print name

Date

Witness

Date witnessed

Date of test

If you have any questions regarding the test, or would like more information please call our office on 9391 1234.

**PRIVATE FEE PAYABLE ON THE DAY OF TESTING : \$ 675.00  
(Medicare rebate \$339.20)**

**PENSION/HCC CARD HOLDERS INJECTION FEE : \$30.00  
PAYABLE ON DAY OF TESTING**

# **BETA BLOCKERS ARE TO BE CEASED PRIOR TO STRESS TESTING**

**AM APPOINTMENT** – last dose 2 days prior

**PM APPOINTMENT** - last dose am day prior

**ANSELOL (atenolol)**  
**ATEHEXAL (atenolol)**  
**BARBLOC (pindolol)**  
**BETALOC (metoprolol)**  
**BICOR (bisoprolol fumarate)**  
**CARDOL (sotalol hydrochloride)**  
**CORBETON (oxprenolol)**  
**DERALIN (propranolol)**  
**DILATREND (carvedilol)**  
**GENRX ATENOLOL (atenolol)**  
**GENRX METOPROLOL (metoprolol)**  
**INDERAL (propranolol)**  
**LOPRESOR (metoprolol)**  
**METOHEXAL (metoprolol)**  
**METOPROLOL-BC (metoprolol)**  
**METROL (metoprolol)**  
**MINAX (metoprolol)**  
**NOTEN (atenolol)**  
**SOTAHEXAL (hexal)**  
**TENORMIN (atenolol)**  
**TENSIG (atenolol)**  
**TOPROL (metoprolol)**  
**VISKEN (pindolol)**