

Who should have a stress test?

Your doctor is the person to identify the reasons for stress testing.

Some of the reasons are:

1. Chest pain.
2. Congestive heart failure or weakness of your heart muscle.
3. Coronary Artery Bypass surgery, Angioplasty, or Stent follow up.
4. Age associated with a significant number of risk factors.
5. Many other reasons as recommended by American Heart Association and American College of Cardiology.

What are risk factors?

(Age, smoking, diabetes, hypertension, high cholesterol, strong family history).



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Name: _____

Test Date: _____

Time: _____

Dobutamine Cardiolite Stress Test

UNDERSTANDING YOUR TEST



**Tel. (419) 251-3700
www.toledocardiology.com**

What is the doctor looking for?

1. How the blood perfuses and distributes into your heart muscle.
2. To identify areas of the heart muscle receiving less blood and oxygen than normal suggesting clogged arteries.
3. To determine heart muscle function.

What is the test?

- An IV is inserted into a vein in your arm and special pictures of your heart are taken and viewed.
- After this, you will have the stress test completed by receiving a medication called Dobutamine. This medication will increase your heart rate while you are lying on the exam table.
- Immediately following this, more pictures will be taken.
- The resting pictures and the exercise pictures will then be processed and interpreted by a cardiologist.

Test Instructions:

Stop eating and drinking six hours before your test, EXCEPT for water. You will be able to eat prior to_____.

If you are on any of the following medicine, please stop them

on : _____.

Isordil, Ismo, Imdur,
Nitropatch.

Lopressor, Toprol, Inderal,
Tenormin, Metoprolol,

Atenolol, Coreg

Norvasc, Calan, Cardizem,

Verapamil, Verelan, Covera.

- **If you are diabetic, the day of your test:**
 - take half of your usual insulin dose.
 - If you take pills, hold them until after the test.
- **You will need to stop all caffeine or decaffeinated products starting:_____**
- **No pop, coffee/decaf, tea, chocolate, or aspirin containing caffeine (Excedrin). You are able to drink : water, milk or juice.**

Let your doctor or nurse know:

- If you have Asthma, COPD or breathing problems.
- If you have a problem walking less than six city blocks (1/4 mile) in ten minutes.
- If you weigh over 250 lbs (113kg).

*****If you must cancel this test we do require a 24 hour notice.*****

This test takes approximately

3-5 hours to complete.