



Stress and Dobutamine Echocardiogram

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How to prepare?

1. Do NOT eat or drink anything except water for 6 hours prior to your appointment.
2. Do NOT wear any lotion, perfume, or powder.
3. If you are a diabetic call The Heart + Wellness Institute for special instructions.
4. Stop taking your beta blockers or calcium channel blockers the day before your test, unless otherwise instructed by your physician.
5. Wear a shirt that can easily be removed. Shirt and bra will be removed by women.
6. Please wear flat comfortable shoes which will remain firmly on your feet as you may be walking on the treadmill. Do not wear sandals, heels, slippers etc.
7. If you are taking any medications please bring them with you.

How long is the test?

The test will take approximately 1-2 hours.

What is a Stress Echocardiogram?

A Stress Echocardiogram is a stress test that combines both an Echocardiogram and a Stress test.

An Echocardiogram or Echo is an ultrasound of the heart. This is done by obtaining 2 dimensional, Doppler (blood flow) and 3 dimensional images with an ultrasound device. Ultrasound waves are sent into the chest using an ultrasound device that is moved over the chest with ultrasound gel (the gel aids in the transmission of the sound waves). The sound waves are transformed into pictures. These pictures allow Dr. Manohar to see the structure, size, movement of the heart muscle and valves and the flow of blood through the heart chambers.

A Stress Test is a procedure where you are monitored using an EKG and a Blood Pressure (BP) cuff while being stressed. Your heart rate, BP, symptoms, physical endurance and EKG changes are carefully assessed.

Why do I need a Stress Echocardiogram?

A Stress Echocardiogram can help determine if you may have heart vessel blockage. The stress portion also helps us to see your functional capacity and how your body responds to exercise.

There are two ways that the stress can be accomplished:

1. Stress (Walking)
 - a. You will walk on the treadmill. You will be assisted (coached through the entire process).
 - b. An Echo is performed at rest and immediately after getting off the treadmill.

2. Dobutamine (Chemically induced)
 - a. You will receive an intravenous line (IV) through which medication is given over time to increase the workload of the heart, thus simulating exercise. You will be lying down on a bed.
 - b. An Echo is performed at rest and at select stages during the administering of the medication.

With both types of Stress Echocardiograms the Echo pictures at rest and peak stress are compared to evaluate how the heart responds to stress or added workload.

When will I get my results?

Dr. Manohar will discuss the results with you after your testing is completed.

Thank you for allowing us to participate in your healthcare.