



Blackrock Clinic

CARDIOLOGY DEPARTMENT

Dobutamine Stress Echo (DSE)



Blackrock Clinic

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SMALL STEPS - BIG CHANGES

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When your Experience Needs Ours

What is a Dobutamine Stress Echo (DSE)?

A stress echo is a non invasive test used to assess the structure and pumping function of your heart during exercise. However a chemical equivalent is used instead of exercise.

How is it performed?

- You will be taken into our scan room and asked to undress to waist level, ladies will be asked to remove their top undergarments and given a gown to wear open at the front.
- You will be asked to lie on your left side and an echocardiogram will be performed at baseline. A baseline ECG and Blood pressure will also be recorded at this stage.
- An IV cannula will be inserted into your arm for the administration of the drug dobutamine and in some cases contrast. Dobutamine is a drug used to increase your heart rate and blood pressure for the duration of the test.
- Prior to the test you will be weighed to ensure the correct dosage of dobutamine is administered.
- Throughout the test echo images, ECG and BP will be recorded, and post dobutamine infusion.
- For this test a Cardiologist is usually in attendance and if possible will give you an indication of results on the day.

This test takes approximately an hour. Patients will need to wait for a further 30 minutes in the Cardiology department for monitoring. During this time you will be given an opportunity to have a small snack and a drink.

Preparation prior to the Dobutamine Stress Echocardiogram:

- You need to stop taking Beta-blockers four days prior to the test. (please see the list below of possible Beta-blockers that you may be taking.)
- Do not have anything to eat or drink for six hours prior to the test.
- Morning medication except Beta-blockers can be taken with a small volume of water.
- If you have diabetes please consult your doctor on how to adjust your insulin, medication or food intake prior to the test.
- You need to refrain from smoking on the day of the test
- You will be weighed prior to the test in order to calculate how much of the drug Dobutamine is required.
- Wear comfortable clothing.

A LIST OF COMMONLY USED BETA BLOCKERS

GENERIC NAME	BRAND NAME
Metoprolol	Betaloc/Metocor
Bisoprolol	Bisop/Cardicor/Emcor
Propranolol	Inderal/Beta-Progane
Nebivolol	Nebilet/Nebilet Plus
Sotalol	Sotacor/Sotager
Atenolol	Tenormin/Atecor/Atenomel