

Patient Instructions: Dobutamine Stress Test

A Dobutamine stress echo is performed when it is inappropriate for you to exercise on the treadmill. Dobutamine is a medication administered to place your heart under a similar amount of strain as would be achieved with exercise. This information can assist your cardiologist in assessing the state of your heart muscle and the arteries feeding that muscle.

To prepare yourself for the test, please avoid eating anything heavy for 2 hours prior to the test.

We also ask you to please avoid caffeine (coffee, tea and coke) and refrain from smoking for 2 hours prior to the test. Please ensure you are well hydrated.

If you take any of the following medications, please **DO NOT** take them on the day of your test.

Drug	Similar Brand Names Containing this Drug
Atenolol	Tenormin, Noten, Tensig
Bisoprolol	Bicor, Bicard, Bispro
Carvedilol	Dilatrend, Vedilol
Metoprolol	Metrol, Betaloc, Lopressor, Minax, Toprol XL
Nebivolol	Nebilet
Oxprenolol	Corbeton
Propranolol	Inderal, Deralin
Sotalol	Sotacor, Solavert, Cardol
Amlodipine	Norvasc, Caduet, Exforge
Diltiazem	Cardizem, Vasocardol, Diltahexal
Felodipine	Felodur, Plendil
Lercandipine	Zanidip, Lercan, Zan-Extra
Nifedipine	Adalat, Adefin, Addos
Verapamil	Isoptin, Cordilox, Veracaps, Anpec
Olmesartan	Benicar, Olmetec

Charles Clinic – North West is located in the North West Private Hospital complex at 21 Brickport Road, Cooe.

Patients should enter through the main entrance of the Medical Centre and either take the stairs adjacent to Hudson's Cafe or the lift to the first floor and follow the signage. There are several pay parking options in the area.

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