

Dobutamine Stress Echocardiogram (DSE)

A Dobutamine Stress echocardiogram involves an ultrasound of the heart, for people who are unable to exercise on a treadmill or stationary cycle. Dobutamine is a medication used during the test to make your heart work harder, as if you were exercising.

An echocardiogram (also called TTE or echo) is a procedure that uses high frequency sound waves or ultrasound to take pictures of the heart and is performed by a Cardiac Sonographer. The pictures obtain images of the heart to assess the muscle, valves, chamber size & function.

What do I expect of the test?

This test is performed in the Diagnostic Cardiology Department, Clinic C- Level 1 of the Bendigo Hospital.

The test is performed lying on your side and on your back. We will observe your heart rate and blood pressure during the procedure. A small intravenous catheter will be inserted into a vein in your arm.

The Cardiac sonographer will take a series of ultrasound pictures of your heart at rest. The drug called Dobutamine will be given through your IV cannula. This medication will increase your heart rate like when you are exercising. You might feel some flushing or a thumping/racing heart. This is not dangerous, it is the medication having the desired effect. If you feel unwell during the test you must inform the doctor or technologist. The sonographer will repeat their ultrasound pictures of your heart during the Dobutamine infusion/ stress test. The doctor will compare the resting images with the stress test images.

The test will take approximately one and a half hours to complete. Once, your heart rate has returned to a normal rate, the electrodes and IV cannula will be removed. You should allow a further 10 minutes to rest before leaving our Department.

Why do I need a Dobutamine Stress Echocardiogram

- Evaluate how your heart tolerates exercise and increased activity
- Measure the function and efficiency of your heart function and heart valves
- Assess for known or suspected cardiac disease including symptoms of chest pain, shortness of breath, murmur and other symptoms.
- This test may suggest you are at risk of having coronary artery disease

How to I prepare for the procedure?

- Some medications interfere with this test so it is important to discuss your medications with us. You may be asked to withhold some of your medications for up to 48 hours prior to this test. If this is needed for your test, you will be informed when we make your booking. If you have any concerns about your medication please discuss with your local doctor.
- You are not required to fast for this test, however it is suggested to only have a light meal 2 hours before having the test.
- Please wear a two piece outfit such as a button through shirt and pants.
- Please do not wear talc, body lotion or neck chains.
- You will need somebody to drive you home

When does my Doctor get my result?

A report with the results of your test will be written and sent to your referring doctor 5-7 working days from your test date.

If you have any further questions or concerns about your upcoming Dobutamine Stress Echocardiogram, please discuss with your GP or phone the Diagnostic Cardiology Department on 5454 8017.

References:

- MonashHeart.org.au
- Heartfoundation.org.au
- bendigohealth.org.au

Patient notes:

Diagnostic Cardiology (Clinic C- Bendigo Hospital) | 25/11/2020 (Review by 25/11/2023)



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