Ashford and St. Peter's Hospitals NHS
NHS Foundation Trust

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اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگرآپ اِس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اِس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Stress Echocardiogram

Cardiology - Clinical Measurements Department

Patient Information

Contact Details

For more information please contact:

- The Cardiology Department: **01932 722530**
  (Monday - Friday 9am-5pm)

For more information, the following websites are recommended:

- British Heart Foundation: **www.bhf.org.uk**
- British Cardiac Society: **www.bcs.org.uk**

Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Manager or Cardiac Physiologist/s on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Clinical Measurements Dept **Department:** Cardiology
Version: 2 **Published:** April 2018 **Review:** April 2020

and some patients experience a mild headache. A contrast agent might be administered to improve image quality.

Throughout the test, your doctor and the physiologist will ask how you are feeling. Be sure to tell them if you feel chest, arm or jaw pain or if you are, short of breath, dizzy or feel lightheaded.

How long will the test take?

The test usually takes 50 - 60 minutes but can sometimes take longer. After the test, you may get dressed and go about your daily business. You must be accompanied by a friend or family member / carer to take you home.

What happens after the test?

At the end of the procedure, the blood pressure cuff and IV line will be removed. The results will be sent to the Consultant who requested the test. The results will be reviewed and a letter will be sent to your General Practitioner (GP) advising them of the results. You will receive a copy of this letter. This may take 2-4 weeks. If you have not received your letter within 6 weeks, please contact your GP.

What is a Dobutamine Stress Echocardiogram?

A Dobutamine stress echocardiogram (DES) is a procedure that uses a drug called Dobutamine to determine how well your heart functions under stress or exercise. It is a valuable test that allows the cardiologist to assess a number of things, including the overall function of your heart's valves and chambers.

What are the benefits of the test?

A stress echo helps the doctor determine the causes for any cardiac symptoms you may have and decide if you need any further procedures or treatments. It provides images of the heart at 'rest' and during 'exercise' by artificially increasing the heart rate by using a medication. It provides extremely detailed images of the valves and structure of the heart and is performed as an outpatient.

What are the risks?

Your doctor will discuss the risks of the procedure with you, before the test commences. The procedure is very safe and complications mainly relate to an allergic reaction to the medication.

What are the alternatives?

Your doctor will recommend a stress echo if they feel that benefits of the test outweigh the risks. Risks quoted in this document are average figures – your doctor will discuss specific risks that relate to you on the day of the test.

If you wish to discuss any alternative test please talk to the doctor before the test begins.

How do I prepare for the test?

- It is advisable to wear loose clothing that can be easily removed.
- **Do NOT** eat for a minimum of 4 hours before the test. If your test is in the morning, do not eat after midnight the night before your test.
- If you are diabetic, juice is permitted with insulin (half dose). If you take pills to control your blood sugar, do not take your medication until after the test is complete.
- **DO NOT DRINK CAFFEINE** (coffee, tea, cola) on the day of the test.
- Stop taking beta-blockers (Bisoprolol, Atenolol, Nebivolol, Carvedilol, Propanolol), calcium channel blockers (Diltiazem or Verapamil) and nitrates (Isosorbide Mononitrate or Nicorandil) for 2 days prior to your test.
- Please bring a friend or relative with you in order to accompany you home and stay with you for at least an hour after your scan.

What does the test involve?

Please ask a member of staff if you require a chaperone during your appointment.

You will be asked to remove your clothes to your waist and put on a hospital gown (if required). You will be required to lie on your back on your left side. Three sticky electrodes will be attached to your chest to monitor your heart rhythm and rate throughout the test. Your blood pressure will also be monitored all throughout the test using a cuff on your arm. A small tube (cannula) will be inserted into an arm vein so that the Dobutamine medication can be given.

An ultrasound probe with ultrasound gel is placed onto different areas of your chest to get a moving picture of your heart. Harmless high-frequency sounds are produced near the skin. You will not feel anything and the sound waves will not affect your body in any way. They go through the skin, bounce back from part of the heart, and produce an echo that comes back to the probe. You may feel a gentle pressure around the chest and in the abdomen area from the ultrasound probe. The procedure is carried out in hospital by a cardiologist or by a cardiac physiologist trained in the procedure.

An intravenous line (IV) will be inserted into a vein in your arm so the Dobutamine medication can be delivered directly into your bloodstream. Your doctor will begin the infusion of Dobutamine while the ultrasound technician continues to record echo images. The medication will cause your heart to react as if you were exercising and you may feel this as a speeding up sensation. The Dobutamine medication may give you a warm, flushing feeling