

**CARDIOVASCULAR CONSULTANTS MEDICAL GROUP**

Consultative and Interventional Cardiology

Cardiac Electrophysiology

Peripheral Vascular Disease

A Partnership of Medical Corporations

[www.healthyhearts.com](http://www.healthyhearts.com)



Your Doctor has ordered a DOBUTAMINE ECHO

Patient Name: \_\_\_\_\_

**GENERAL INSTRUCTIONS: Please read this entire form.**

1. Regarding what to wear:

- ◆ Wear comfortable clothes that you can walk and lay on an exam table in. Ladies, please do not wear a one-piece dress. Please do not wear lotions/oils on your skin prior to test.

2. Medications:

- ◆ Bring a list of your medications with you to the test.
- ◆ If you are taking a medication called a **beta-blocker, such as Atenolol, Tenormin, Lopressor, Metoprolol or Toprol XL, check with the Doctor who ordered the test and ask if you should stop taking only this medication for one or two days before the test.**  
Stop Beta Blocker: \_\_\_\_ yes \_\_\_\_ no. Take all other medications as usual.

3. Instructions regarding food:

- ◆ Do not eat or drink two (2) hours prior to the test. Sips of water are allowed.
- ◆ **DO NOT** have **CAFFEINE** in any form for **24 hours**. This is especially important if you are scheduled for an **Adenosine** test. You must avoid foods, such as chocolate, which contain caffeine. Do not drink caffeinated or decaffeinated beverages such as soda's (Coke, Pepsi, Mountain Dew), coffee or tea. No Excedrin or other over the counter medications which contain caffeine.

4. Your test results will be reviewed by our cardiologist and reported to your physician. Your physician will discuss the results with you and explain how the results relate to your health.

**If you are unable to keep this appointment, notify our office at least 24 hours in advance. If cancellation is required with less than 24 hour notice, or due to the ingestion of caffeine, certain charges may still apply.**

**Scheduled date and time:** \_\_\_\_\_

**Please arrive 30 minutes prior to your appointment time.  
Late arrivals may need to be rescheduled due to time constraints.  
Our staff will answer any questions you may have.**