

## PREPARATION FOR DOBUTAMINE STRESS MYOVUE TEST

### ***Stress Day: Please read all instructions carefully***

- ♥ **NO FOOD 4 hours** prior to testing.
- ♥ **DIABETIC PATIENTS** follow normal regimen, but eat light. You may have juice before the test if needed.
- ♥ **NO SMOKING OR EXERCISE 8 hours** before testing.
- ♥ **NO CAFFEINE 8 hours** prior to testing (this includes colas, chocolate, tea or coffee).
- ♥ **You will have an IV started for this procedure.**
- ♥ If your test is scheduled in the afternoon, eat a light meal 4-5 hours prior to testing. Please do not fast all day for this test.
- ♥ Be prepared to have someone available to drive you home. You may require a medicine during testing that may cause temporary blurred vision.
- ♥ Wear loose comfortable clothing (short sleeved shirt/t-shirt and pants/shorts). NO dresses.
- ♥ If you use inhalers on a regular basis, please bring them with you.
- ♥ As a part of this test you will need to bring a fatty meal or you may choose to go out to eat (returning in one hour) after the completion of the dobutamine infusion. This must be a minimum of 10 grams of fat (most fast foods will meet this requirement or you can bring food from home). Still, no caffeine with this fatty meal and do not eat this food until instructed by the nuclear tech. After eating you will need to return to have images taken, this will take approximately 20 min.
- ♥ **On the day of the stress test, please bring a list with dosages or bottles of your medications (including any supplements or over the counter) your inhaler(s), insurance card(s) and driver's license.**
- ♥ Take all of your regularly scheduled **MEDICATIONS** as prescribed **EXCEPT** the medicines listed below. **DO NOT TAKE THESE MEDICINES** (listed below) the day before or the morning of your test.

AMIODARONE  
BETAPACE (SOTALOL)  
BLOCARDEN (TIMOLOL)  
CALAN  
CARDIZEM  
CARTROL (CARTELOL)  
COREG (CARVEDILOL)  
CORGARD (NADOLOL)  
CORZIDE (NADOLOL)  
COVERA  
DILACOR

INDERAL (PROPANOLOL)  
INDERIDE  
INNOPRAN XL  
ISOPTIN  
KERLONE  
LEVATOL (PENBUTOLOL)  
LOPRESSOR (METAPROLOL)  
NORMODYNE (LABETALOL)  
RYTHMOL  
SECTRAL (ACEBUTOLOL)  
TARKA

TENORMIN (ATENOLOL)  
TENORETIC  
TIAZAC  
TIMOLIDE (TIMOLOL)  
TOPROL XL  
TRANDATE (LABETALOL)  
VERAPAMIL  
VERELAN  
VISKEN (PINDOLOL)  
ZEBETA (BISOPROLOL)  
ZIAC

### ***Resting Day: Please read all instructions carefully***

- ♥ **NO CAFFEINE 4 hours** prior to scheduled time of arrival. (this includes chocolate, colas, coffee or tea).
- ♥ **NO FOOD 4 hours** prior to scheduled time of arrival.
- ♥ **DIABETIC PATIENTS** follow normal regimen, but eat light
- ♥ **NO EXERCISE 4 hours** prior to scheduled time of arrival.
- ♥ **MEDICATIONS:** Take all routine medications as usual.
- ♥ On this day you will get an injection of the isotope, myovue. Again you will need to eat a fatty meal and approximately 1 hour later you will have images taken. Do not eat this fatty meal until instructed by the nuclear tech.

**Cancellation of either the stress day or the resting day of the above test requires twenty-four (24) hours notice, otherwise there will be a charge to the patient of \$75 for the cost of the isotope.**