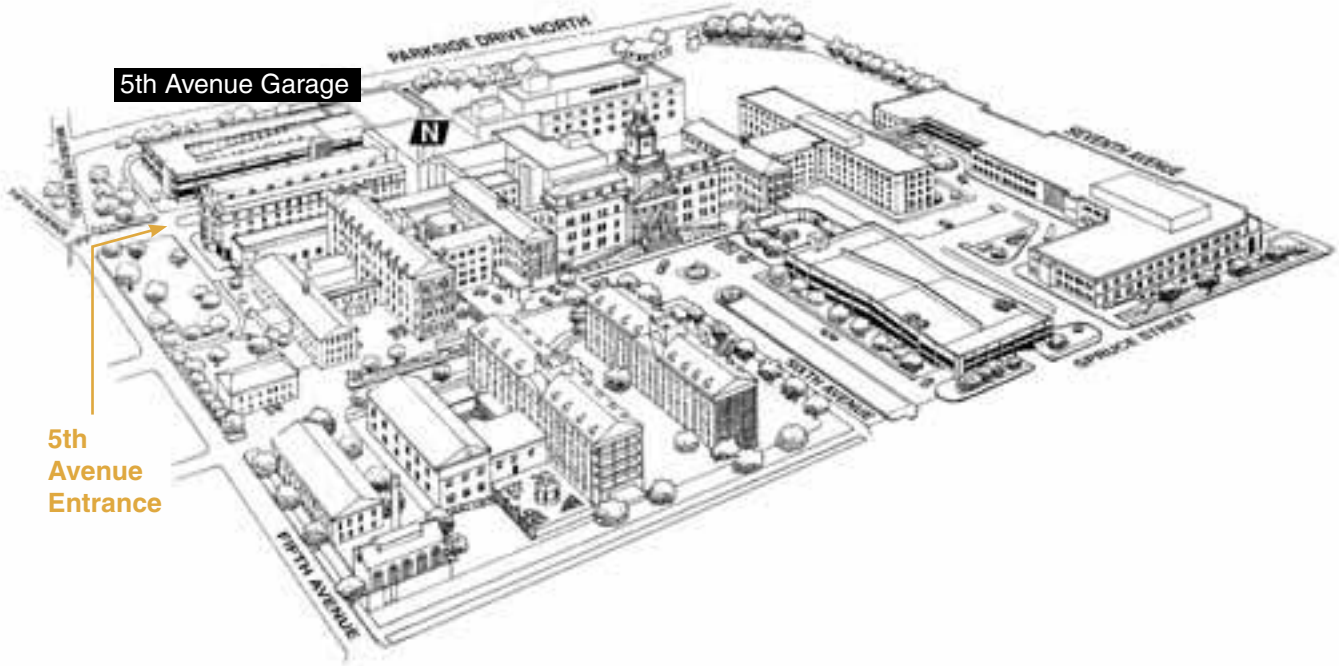


Directions

The Reading Hospital Regional Heart Center is located on the first floor of N-Building at our West Reading campus. You access N-Building from 5th Avenue at the traffic light; this driveway is marked with a large green sign that indicates parking for the 5th Avenue Garage, as well as the entrances for N-Building and R-Building.

Parking & Entrance

- You will be given a Regional Heart Center parking tag in advance of your appointment. Please hang this tag from your rearview mirror.
- Use the 5th Avenue entrance to our West Reading campus.
- For FREE valet parking, patient drop-off, or assistance, follow the driveway straight back and beneath the building to the valet station. The station will be marked in blue; our valets wear blue shirts.
- If you prefer to park your own car:
  - make the 1st left turn into the 5th Avenue Garage.
  - proceed up one level.
  - use reserved parking spaces marked with red Regional Heart Center symbols that match the symbol on your parking tag.
  - enter through the double glass doors on the left to the Regional Heart Center.
  - follow the hallway straight ahead and turn right at the brick wall.
  - take the next left turn into the registration area for the Regional Heart Center.

The Reading Hospital
Regional Heart Center
PO Box 16052
Reading, PA 19612-6052

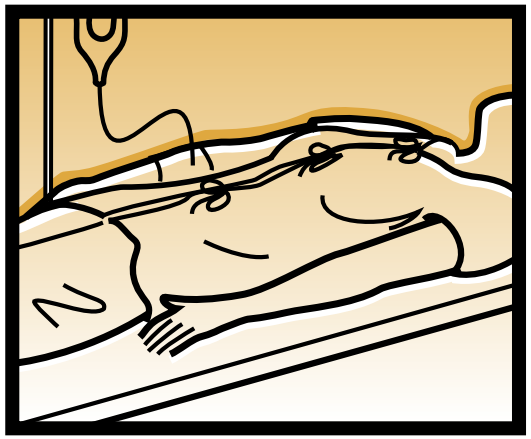
Located at: Sixth Avenue and Spruce Street,
West Reading, Pennsylvania

Visit our website
www.readinghospital.org

4-4289 Revised 2.06

You are
scheduled for a

Dobutamine Stress Echo Study



date: _____

time: _____

report to: Regional Heart Center
N-Building, 1st Floor

The Reading Hospital
Regional Heart Center

Your physician has scheduled you for a special type of diagnostic test called a dobutamine stress echo study. This brochure explains the procedure so you know what to expect.

ABOUT DOBUTAMINE STRESS ECHO STUDIES

This test will provide your physician with additional information about your heart. During a dobutamine stress echo study, a special instrument called a transducer is positioned on various areas of your chest. This transducer emits sound waves which create images of your heart's structure and movement that can be viewed on a video screen.

Images will be taken before, during, and after you receive a medication — called dobutamine — that gradually increases your heart rate. The doctor will then compare these images to detect changes in the way your heart responds to this increasing rate.

PREPARATION

Please follow these instructions:

- **Do not eat or drink anything for four hours before your appointment.**
- Please check with your physician now about not taking Beta-blocker medicines (i.e., Toprol®, Lopressor®, Atenolol®, Labetolol®) before the test. These medicines may keep your heart rate low and affect the test results.
- If you are scheduled to take other medications during that time, please do so with only a small amount of water.
- PLEASE BRING A LIST OF YOUR MEDICATIONS WITH YOU.
- Wear a comfortable two-piece outfit.
- Please allow one to two hours for the test.

REGISTRATION

When you arrive at the Regional Heart Center, please check in at the registration desk. You will verify personal and health benefits data, and will be asked for your current list of medications.

In addition, you will be asked to read and sign a consent form.

A note to inpatients: while you are hospitalized, your nurse will guide you through all preparations, and will arrange for your transportation to and from the Regional Heart Center.

PROCEDURE

Next, you will be taken to a changing area, and asked to undress from the waist up. You will be given an examination gown to wear.

A staff member will then attach gel pads to your chest. These pads will later be connected to a monitor that allows us to continually check your heart rate and rhythm throughout the test.

An intravenous, or IV, line to administer the medication will also be started at this time. And an automatic blood pressure machine will be used to record your blood pressure throughout the test.

After helping you to lie down on a litter, our technologist will place a transducer with warm gel on your chest, and then pass the transducer back and forth. This provides us with the resting images of your heart.

Next, a nurse will start to administer the dobutamine medication through the IV line. The dosage of medication will be increased approximately every three minutes. This will gradually increase your heart rate. At these same intervals, the technologist will take images of your heart. This process will continue until a desired heart rate is achieved, or the cardiologist ends the procedure.

A cardiologist, nurse, and technologist will be present during your dobutamine stress echo study. Please let any of them know if you feel chest discomfort, lightheadedness, or shortness of breath.

When the final set of images has been taken, your IV will be removed. You will be directed back to the changing area where you may put on your clothing, and then leave. You may resume your normal activities.

FOLLOW-UP

The results will be sent to your personal physician, who will discuss the findings with you at your next appointment.

If you have any questions, or need to cancel your appointment, please call 610-988-8052.