

DOBUTAMINE MRI STRESS TESTING

Technology: Dobutamine MRI Stress Testing is performed in the MRI (Magnetic Resonance Imaging) department. The MRI scanner is a donut shaped scanner that uses a strong magnetic field and radiowaves to get images of the heart. There is no exposure to radiation in MRI.

Purpose: A stress test allows your health care practitioner to evaluate the function of your heart muscle while you are resting and while you are exercising (or stressed). If you are unable to perform the exercise, your practitioner may use medication to stress your heart. This medication is called Dobutamine. The medication simulates what happens to your heart during exercise without you actually having to exercise.

Preparation:

- You **MAY NOT** take beta blocking medication 24 hours before the test.
- You **MAY NOT** take any nitrates 12 hours before the test.
- You **MAY** take your other medications at your usual time, unless your physician has indicated otherwise.
- **Do not eat or drink anything 6 hours before your test**, with the exception of a small amount of water with your medications.
- Please notify the staff if you are allergic to Dobutamine, Metoprolol, or Amiodarone.
- Please inform the technologist if you are pregnant, suspect pregnancy or are currently breastfeeding.
- **Please inform the staff of any metal you may have in your body**, as it is important to keep magnetic material away from the MRI scanner.
- **You MAY NOT have an MRI if you have a pacemaker, ICD, or brain aneurysm clips.**

What To Expect:

Upon arrival to Diagnostic Imaging you will be greeted by the receptionist. The receptionist will inform the diagnostic imaging nurse of your arrival. The nurse will then escort you to our procedure preparation area, where you will be asked to change into a hospital gown. The nurse will then ask for your health history information and ask you to fill out a metal checklist. She will obtain vital signs, which include blood pressure, temperature, and pulse rate. She will place electrodes on your chest to visualize your heart rhythm on a monitor. She will also start 2 IVs for the administration of the stress agent necessary for the procedure. The radiologist will then explain the procedure to you and answer any questions you may have. He will then ask you to sign a consent form stating that he has explained the procedure to you and you are comfortable with proceeding. The nurse will then escort you to the MRI suite, where you will meet the MRI staff. You will be asked to lie on your back on the scanner table. You will then be connected to MRI compatible monitoring equipment; this includes a blood pressure cuff and two sets of ECG electrodes; one for scanning purposes and one for monitoring purposes. The technologist will then give you headphones to protect your hearing from the loud noise produced by the scanner. The technologist will also give you breathing instructions at this time, as it is necessary that you hold your breath for most of the pictures; each breath-hold is approximately 10-15 seconds. The MRI technologist will obtain the required pre-stressing images. After this step, the radiologist will enter the MRI suite, and the stress agent will be administered in increments, and images obtained after each incremented dose. The test will continue until the physician determines adequate stressing has been reached. The stress agent may have side effects, which the staff will inform you. **PLEASE INFORM THE STAFF IF YOU**

EXPERIENCE ANY OF THE SIDE EFFECTS THEY DESCRIBE TO YOU. These symptoms can be easily reversed. When the test is complete, the IVs and monitoring equipment will be removed and you will be escorted back to the preparation room where you may get dressed. You will be given discharge instructions and contact information should you have any questions or concerns. Your practitioner will contact you with results.

To obtain additional information regarding this study, log on to www.range.fairview.org