

**CARDIAC DIAGNOSTIC CENTER AT THE MISSOURI HEART CENTER Dobutamine Stress Echo
PREPARATION FOR YOUR TEST**

1. Hold Beta Blockers and Nitrates for 24 hours before the test.
2. Wear comfortable shorts or pants and walking/tennis shoes.
3. Light breakfast acceptable (ie; tea and toast).
4. Morning medications okay with sip of water.
5. Bring list of medications to appointment.

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