# 应激超声心动图

# Stress Echocardiogram

A stress echocardiogram, also called a stress echo, combines 2 tests, a stress test and an echocardiogram. A stress echo looks at how your heart works.

The stress test will be done with either exercise or medicine. You are to have:

□ An Exercise Stress Test.
Bring walking shoes and loose-fitting clothing so you can move easily. You can wear a hospital gown.

■ A Medicine Stress Test.

**Arrive on time for your test.** Plan on being here about 2 hours.

应激超声心动图也称为压力回声,它将两个 测试(即应激测试和心回波图)相结合。应 激回声查看你的心脏如何运作。

此测试结合运动或药物进行。你要做:

- □ 一个运动应激测试。 请带走路便鞋和宽松衣服,以方便你作动 作。你可穿医院的袍子。
- □ 一个药物应激测试。

请准时到达作测试。请计划在此呆约2小时。

# To Prepare

- Do not eat solid foods for 4 hours before your test.
- You may drink water, but do not drink liquids with caffeine. Caffeine is in regular and decaf coffee or tea, chocolate and soft drinks.
- If you are to take your medicines the morning of the test, take them with sips of water only.
- Do not smoke for at least 4 hours before the test. Smoking can affect your test results.
- Nitroglycerin tablets or spray may be used for chest pain as needed.
- Bring a list of your medicines. Be sure to include any prescriptions and over the counter medicines, vitamins and herbs you take.

# 准备事项

- 测试之前4个小时不要吃固体食物。
- 你可喝水,但不要喝含咖啡因的液体。正常和脱咖啡因的咖啡、茶、巧克力和软饮料中有咖啡因。
- 如果测试当天早上吃药,则只可喝几小口水来送药。
- 测试之前至少4个小时不要吸烟。抽烟会 影响你的测试结果。
- 如需要,可能会用硝化甘油药片或喷剂减 轻胸痛。
- 请将你的药物清单带来。一定要包括你服用的任何处方药和柜台即买药、维生素和 草药。

# **During the Test**

Tell the doctor right away if you have shortness of breath or chest pain during the test. You will have an echocardiogram before and after the stress test.

#### For the echocardiogram:

- You will lie down on your left side on a table.
- Warm gel is put on your chest. A wand is moved across the gel to take the pictures.
- You are able to see the pictures of your heart on the screen.

#### For the stress test:

- Exercise Stress Test
  - Small pads are put on your chest to check your heart. For men, chest hair may need to be shaved.
  - A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked often.
  - You exercise on a treadmill or bike.
  - The exercise gets harder every few minutes.
  - When you are too tired to continue or your heart rate gets high enough, the exercise is stopped and then an echo is done.
- Medicine Stress Test
  - An IV (intravenous) is put in a vein in your arm. Medicine is put in your IV every few minutes to raise your heart rate.
  - Your blood pressure is checked often.
  - When your heart rate gets high enough, an echo is done.

### 测试过程中

测试期间若感到任何呼吸急促或胸痛请立刻 告知医生。我们会在应激测试之前与之后给 你作心回波图测试。

## 心回波图测试的方法:

- 你会躺在台子上,侧向左边。
- 我们在你的胸部涂抹温度适中的凝胶。然 后用一个测试棒在凝胶上移动,摄取图 片。
- 你可以在屏幕上看到心脏的影像。

### 应激测试的方法:

- □ 运动应激测试
  - 会在你的胸部放置小垫片检查你的心率。男性可能要剃胸毛。
  - 要在你的手臂上戴血压箍袖。测试期间将时常检查你的血压和心率。
  - 会让你在跑步机或固定脚踏车上进行 运动。
  - 每隔几分钟会增大运动的强度。
  - 当你疲劳到不能再继续或你的心率足够快时,就会停止运动,然后作回波图。
- □ 药物应激测试
  - 将给你的上臂静脉作IV(静脉注射)。 加快你心率的药物每几分钟由静脉注 入一次。
  - 将时常检查你的血压。
  - 当你的心率达到够高时,回波就完成了。

#### **After the Test**

- You may return to your normal activity.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

#### 测试之后

- 可回复你的正常活动。
- 测试结果会送给你的医生。你的医生会告 知你结果。

如果有任何问题或忧虑,你可以告诉医生或 护士。

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