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。

Stress Echocardiogram. Simplified Chinese.