

# Giigsanaanta Muga

## Stress Muga

A stress muga measures how well the heart pumps at rest and during exercise. It also shows the size and shape of your heart and the motion of the heart walls. A medicine called contrast is given and x-ray pictures are taken to show your heart. Your body will get rid of the contrast on its own.

**If you have any allergies to medicines, foods or other things, tell the staff before the test.**

**If you are breastfeeding, pregnant or think you might be, tell the staff before the test.**

You are to have:

- An **Exercise Stress Muga**. Bring walking shoes and loose fitting clothing, so you can move easily. You can wear a hospital gown. The test takes about 2 hours.
- A **Medicine Stress Muga**. The test takes about 3 to 4 hours.

**Arrive on time for your test.**

## To Prepare

### Medicines:

- Ask your doctor if you should take your medicines the day before and the morning of the test.

Giigsanaanta muga waxay cabbirtaa sida ugu wanaagsan ee wadnuhu u bamgareeyo ama riixo dhiigga waqtiga nasashada iyo waqtiga jimicsiga. Wuxuu sidoo kale muujiyaa cabbirka iyo qaabka wadnahaaga iyo dhaq-dhaqaaqa derbiyada wadnaha. Dawo la yidhaadho cadeeye (contrast) ayaa lagu siinayaa ka dibna sawirro raajo ayaa lagaa qaadayaa si loo muujiyo wadnahaaga. Jidhkaagu asagaa iska saari doona cadeeyaha.

**Haddii aad xasaasiyad u qabtid dawooyiin, cunnooyiin, ama waxyaabaha kale, u sheeg shaqaalaha baaritaanka ka hor.**

**Haddii aad naas nuujisid, uur leedahay ama ay kula tahay in laga yaabo inaad uur leedahay, shaqaalaha u sheeg baaritaanka ka hor.**

Waxaad qaadanaysaa:

- Jimicsiga Giigsanaanta Muga. Keenso kabo lagu socdo iyo dhar dabacsan si aad si fudud ugu dhaq-dhaqaaqid. Waxaad xidhan kartaa goonnada isbitaalka. Baaritaanku wuxuu qaadanayaa ilaa 2 saacadood.
- Dawada Giigsanaanta Muga. Baaritaanku wuxuu qaadanayaa 3 illaa 4 saacadood.

**Waqtiga ku imow marka lagu baarayo.**

## Si aad isugu diyaarisid

### Dawooyin:

- Dhakhtarkaaga weydii haddii ay tahay inaad dawooyiinkaaga qaadatid maalinta ka horeysa iyo subaxa baadhitaanka.

- You may use your nitroglycerin tablets or spray for chest pain as needed.
- Bring a list of your medicines to the test. Be sure to include any prescriptions and over the counter medicines, vitamins and herbs you take.

### **For 4 hours before your test:**

- Do not smoke.
- Do not eat solid foods. You may drink water, but do not drink liquids with caffeine. Caffeine is in regular and decaf coffee or tea, chocolate and soft drinks.

### **During the Test**

- You will be asked to change into your exercise clothes or a hospital gown.
- An IV (intravenous) is put in a vein in your arm. A blood sample is taken.
- The contrast is put into your IV.
- Small pads are put on your chest. For men, chest hair may need to be cut.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate will be checked often.
- **Tell your doctor right away** if you have shortness of breath, chest pain, chest pressure, leg cramps, feel dizzy or tired during the test.

- Waxa aad isticmaali kartaa kiniinka nitroglycerin ama buufis loogu talagalay xanuunka laabta hadba sida aad ugu baahatid.
- Liiska dawooyinka u soo qaado baadhitaanka. U hubso inaad ku soo dartid dhawooyinka dhakhtar kuu qoray iyo kuwa aad waraaq la'aan iibsaday, fitamiinada iyo dhirta aad qaadatid.

### **Wakhti ah 4 saacadood ka hor baadhitaankaaga:**

- Ha cabin sigaar.
- Ha cunin cunto adke ah. Waxa aad cabi kartaa biyo, laakiin ha cabin dareereyaal ama cabitaano leh kafiin (caffeine). Kafiin waxa uu ku jiraa shaaha ama kafeega caadi ah iyo shaaha iyo kafeega laga khafiifiyay (decaf), shokolaatada iyo cabitaanada fudud.

### **Waqtiga Baaritaanka**

- Waxaa lagu weydiin doonaa inaad u beddelatid dharkaaga jimicsiga ama goonnada isbitaalka.
- IV (xididka gudihiisa) ayaa la galinayaa xididka gacantaada. Sambal dhiig ayaa lagaa qaadayaa.
- Cadeeyaha ayaa lagaaga shubayaa IV-gaaga.
- Qayb yar oo koollo leh ayaa laabta lagaaga dhajinayaa si loo hubiyo wadnahaaga. Ragga, leh timaha xabadka ayaa laga yaabaa in loo baahdo in laga jaro.
- Cadaadis dhiig cabbiraha ayaa gacanta lagaaga xidhayaa. Cadaadiska dhiiggaaga iyo garaacidda wadnahaaga ayaa badanaa la hubin doonaa.
- **Isla markiiba dhakhtarka u sheeg** haddii neefsashada ku dhibayso, uu ku hayo laab/xabad xanuun, lugo maroojis, aad dareento dawakh ama daal waqtiga baaritaanka.

- ❑ An **Exercise Stress Muga**: You get on a special table with an exercise bike in front of an x-ray machine. Pictures of your heart are taken while you rest. Then you exercise by pedaling the bike as you lie on your back. You ride the bike until your heart rate gets to a certain rate or you are too tired to continue. More pictures are taken.
- ❑ A **Medicine Stress Muga**: You lie on a table. An x-ray machine moves over your chest to get pictures of your heart at rest. Medicine is given in your IV at times to make your heart work like you have been exercising. More pictures are taken.
- ❑ **Jimicsiga Giigsanaanta Muga**: Waxaad fuulaysaa miis leh bushkuleeti jimicsi oo hor yaalla makiinadda raajada. Sawirro ayaa wadnahaaga laga qaadayaa inta aad nasanaysa. Ka dibna waxaad wadaysaa jimicsiga adigoo cagaha ku wadaya bulshkuleetiga adigoo dhabarka u jiifa. Waxaad bushkuleetiga wadaysaa ilaa uu garaaca wadnahaagu ka gaarayo xaddi mucayan ah ama aad ka daasho oo aadan sii wadi karaynin. Sawirro dheeraad ah ayaa lagaa qaadayaa.
- ❑ **Dawada Giigsanaanta Muga**: Waxaad ku seexanaysaa miis. Makiinad raajo ayaa lagu dul dhaqaajinayaa laabtaada si loo helo sawirrada wadnahaaga adigoo nasanaya. Daawo ayaa IV-gaaga lagaa siinayaa mararka qaarkood si wadnahaaga looga yeelo inuu u shaqeeyo sidii adigoo jimicsi sameynayey oo kale. Sawirro dheeraad ah ayaa lagaa qaadayaa.

## After the Test

- You may return to your normal activity unless your doctor tells you otherwise.
- 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.**

## Baaritaanka ka Dib

- Waxaa laga yaabaa inaad hawlahaagii caadiga ahaa isaga laabatid haddii aan dhakhtarkaagu si kale kuu sheegin.
- Natiijooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu wuxuu kula socodsiin doonaa natiijooyinka.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.**