

# 負荷 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.
- 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

負荷 MUGA（放射性核素活動血管掃描術）可測量在您休息及運動期間的心臟泵血情況。它還會顯示心臟的大小和形狀以及心壁的運動。將使用稱為顯影劑的藥物，並拍攝 X 光片以顯示心臟狀況。您的身體會自行排出顯影劑。

如果您對藥物、食物或其他物品有任何過敏情況，請在此項檢查前告知醫務人員。

如果您目前在用母乳餵養嬰兒，或是已懷孕或認為自己可能懷孕，請在此項檢查前告知醫務人員。

您將接受下列檢查：

- 運動負荷 Muga**。請帶便鞋和寬鬆的衣服，以便自如地活動。您可穿上病人衣服。此項檢查用時約 2 小時。
- 藥物負荷 Muga**。此項檢查用時約 3 到 4 小時。

請準時前往檢查地點。

## 檢查前的準備

### 藥物：

- 詢問醫生您是否應在檢查前一天和檢查當天早晨服藥。
- 您可能會隨需使用硝酸甘油片劑或噴霧劑，以緩解胸痛症狀。
- 前來檢查時，請攜帶您所用藥物的清單。並務必將您服用的所有處方和非處方藥物、維生素及草藥都包括在內。

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.
- **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.

### 檢查前 4 小時注意事項：

- 不要吸煙。
- 不要吃固體食物。可以飲水，但不要喝含咖啡因的液體。普通和無咖啡因的咖啡或茶、巧克力及不含酒精飲料中都含有咖啡因。

### 檢查期間的事宜

- 醫生會要求您換上運動服或病人衣服。
- 在您手臂的靜脈內插入一根靜脈導管。將採集一份血樣。
- 將顯影劑注入靜脈導管內。
- 將若干小墊子放在您的胸部。男性病人可能需要剃除胸毛。
- 給您的手臂戴上血壓袖帶。會經常檢查您的血壓和心率。
- 如果您在檢查期間出現呼吸短促、胸痛、胸部壓迫感、腿肌痙攣、眩暈或疲乏等症狀，請立即告知醫生。
- **運動負荷 Muga：**您躺在 X 光機前面一個帶有健身腳踏車的專用檢查床上。在休息期間將拍攝心臟圖片。然後，您以仰臥姿勢騎腳踏車來進行運動。您將一直騎到心率達到特定值或是感覺太疲乏而不能繼續騎車為止。另外還會拍攝更多照片。
- **藥物負荷 Muga：**您躺在檢查床上。X 光機會在您的胸部上方移動以拍攝您在休息狀態下的心臟照片。會不時通過靜脈導管給藥，以使您心臟的工作狀態如同您一直在做運動的情形。另外還會拍攝更多照片。

## 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.**

## 檢查後事宜

- 您可恢復正常活動，除非醫生告知您不能這樣做。
- 檢查結果會送給醫生。醫生將告知您結果。

如有任何疑問或擔心，請告知醫生或護士。