

心脏应激测试

Stress Test of the Heart

A stress test is also called an exercise, heart or cardiac stress test. This test checks how your heart works under stress and can show if there is blockage in your blood vessels.

You will either be given medicine, or you will exercise on a treadmill or an exercise bike.

Your doctor has scheduled you for a stress test with:

- Medicine
- Exercise

Arrive on time for your test. The test takes about 1 hour. Plan on being here about 2 hours.

To Prepare

- For the stress test with exercise, bring walking shoes and loose-fitting clothing so you can move easily. You can wear a hospital gown.
- 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, 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 or use tobacco for at least 4 hours before your 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.

应激测试也称为运动测试、心脏测试或心脏应激测试。此测试检查你的心脏在压力之下如何工作并能显示你的血管是否有堵塞。将给你药物，或你在走步器上或一辆运动自行车上运动。

你的医生已预定好你的应激测试，将用：

- 药物
- 运动

请准时到达作测试。测试约需 1 个小时。请计划在此呆约 2 个小时。

准备事项

- 如用运动作应激测试，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。
- 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 个小时不要吸烟或使用烟草。抽烟能影响你的测试结果。
- 如需要，可能会用硝化甘油药片或喷剂减轻胸痛。
- 请将你的药物列单带来。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

- You are asked to change into your exercise clothes or a hospital gown.
- Small pads are put on your chest to check your heart rate. 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.
- **Tell the staff right away** if you have any shortness of breath or chest pain.

☐ For a Stress Test with Medicine:

- An IV (intravenous) is put in a vein in your arm.
- The medicine that stresses your heart is put into your IV.
- When a certain heart rate is reached, the test ends.

☐ For a Stress Test with Exercise:

- You exercise by walking on a treadmill or riding an exercise bike.
- The exercise gets harder every few minutes.
- When you are too tired or a certain heart rate is reached, the test ends.

After the Test

- You are asked to sit and rest a few minutes.
- When you go home, you may return to your normal activity.
- Test results are sent to your doctor. Your doctor will share the results with you.

测试期间

- 会要求你换上运动衣裤或医院的袍子。
- 你的胸部会放置小垫片以检查你的心率。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。
- 测试期间若感到任何呼吸急促或胸痛请立刻告知医疗人员。

☐ 若用药物作应激测试:

- 将给你的上臂静脉作 IV (静脉注射)。
- 给你的心脏加压力的药物由静脉注射注入。
- 当达到某一心率时, 测试即告结束。

☐ 若用运动作应激测试:

- 你在走步器上走路或蹬一辆运动自行车。
- 运动每几分钟加剧一次。
- 当你太疲惫或达到某一心率时, 测试即告结束。

测试之后

- 将要求你坐着休息几分钟。
- 回家时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。

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

如果有任何问题或忧虑，你可以告诉医生或护士。