

Baadhitaanka Giigsanaanta ee Wadnaha

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.

Baadhitaanka giigsanaanta waxaa sidoo kale loo yaqaannaa jimicsi, baadhitaanka giigsanaanta wadnaha. Baaritaankan waxaa lagu hubinayaa sida wadnahaagu uu u shaqeeyo marka uu jiro giigsanaan waxana uu muujin karaa haddii ay jiraan xannibaad gashay marinnada dhiiggaaga. Waxaa lagu siin doonaa daawo, ama waxaad jimicsi ku sameyn doontaa makiinadda lagu ordo ama bushkuleeti jimicsi.

Dhakhtarkaagu wuxuu kuu qorsheeyey in baaritaan baadhitaan giigsanaan oo ay weheliyaan:

- Daawo
- Jimicsi

Waqtiga ku imow marka lagu baarayo.

Qorsheyso inaad halkan joogayso ilaa 2 saacadood. Baaritaanku wuxuu qaadanayaa ilaa 1 saac.

Si aad isugu diyaarisid

- Baadhitaanka giigsanaanta ee jimicsi leh u keenso kabo lagu socdo iyo dhar dabacsan si markaas aad u awooddid inaad si fudud u dhaq-dhaqaaqid. Waxaad xiran kartaa toobka/qamiiska isbitaalka.
- Ha soo cunin cunto adag 4 saacadood baaritaankaaga ka hor.
- Waxaad cabbi kartaa biyo laakiin ha cabbin dareereyaal ay ku jiraan kafiin. kafiin wuxuu ku jiraa qaxwada iyo qaxwada aan kafiin lahayn ama shaaha, shukulaatada, iyo cabitaannada fudud.

- 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.
- Dhakhtarkaaga weydii haddii ay tahay inaad daawo qaadatid subaxa baaritaanka ka hor. Haddii ay sidaas tahay, ku qaado kaliya kabashooyin yaryar oo biyo ah.
- Sigaar ha soo cabbin ama, tubaako ha isticmaalin ugu yaraan 4 saacadood baaritaanka ka hor. Sigaar cabbiddu waxay saameyn kartaa natiijooyinka baaritaankaaga.
- Nitroglycerin ah kaniini ama daawo buufis ayaa laga yaabaa in loo isticmaalo xanuunka laabta haddii loo baahdo.
- Keenso taxanaha/liiska daawooyinkaaga. Xaqiiji in aad ku soo dartid wixii daawooyin ah ee lagu soo qoray iyo daawooyinka aad iska soo iibsatid, fitammiinnada iyo daawo geedeedka aad qaadatid.

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.

Waqtiga Baaritaanka

- Waxaa lagu weydiin doonaa inaad u beddelatid dharkaaga jimicsiga ama toobka/qamiiska isbitaalka.
- Qayb yar oo koollo leh ayaa laabta lagaaga dhajinayaa si loo hubiyo wadnahaaga. Ragga, timaha xabadka ayaa laga yaabaa in loo baahdo in laga xiiro.
- Cadaadis dhiig cabbiraha ayaa gacanta lagaaga xidhayaa. Cadaadiska dhiiggaaga iyo garaacidada wadnahaaga ayaa badanaa la hubin doonaa.
- Isla markiiba u sheeg dhakhtarka haddii aad leedahay neef qabatin ama laab xanuun.

☐ 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.

☐ Baadhitaan Jimicsi Leh ee Dawo Weheliso:

- IV (xididka gudahiisa) ayaa la galinayaa xididka gacantaada.
- Daawada cadaadisa wadnahaaga ayaa IV-gaaga laguugu shubi doonaa.
- Marka uu garaaca wadnahaagu si ku filan kor ugu kaco, ayuu baaritaanku dhammaanayaa.

☐ Baadhitaanka Giigsanaanta ee Jimicsi Leh :

- Waxaad jimicsi ku sameyneysaa makiinadda lagu ordo ama bushkuleeti/baaskiil jimicsi.
- Jimicsigu wuu sii adkaanayaa dhowrkii daqiiqadoodba.
- Markaad aad uga daasho in aad sii waddo ama la gaaro wadne garaac heer ah, baaritaanku wuu dhammaanayaa.

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.

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

Baaritaanka ka Dib

- Waxaa lagu weydiin doonaa inaad fadhiisato oo aad dhowr daqiiqadood nasato.
- Markaad guriga aaddo, waxaad ku noqon kartaa hawlahaagii caadiga ahaa.
- 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.