

# 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 very small amount of radioactive dye will be given and x-ray pictures are taken to show your heart. Your body will get rid of the radioactive dye 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 3-4 hours.

**Arrive on time for your test.**

## To Prepare

- Do not eat solid foods 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.
- Do not smoke for at least 4 hours before the test.
- 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. Be sure to include any prescriptions and over-the-counter medicines, vitamins and herbs you take.

## 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 dye is put into your IV.
- Small pads are put on your chest. For men, chest hair may need to be shaved.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate will be checked often.
- **Tell the doctor right away** if you have fatigue, shortness of breath, chest pain, chest pressure, leg cramps or feel dizzy 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.

### **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.**