

Stress Echocardiogram

A stress echocardiogram, also called a stress echo, combines a stress test with an echocardiogram. A stress echo looks at how your heart works. This test is done with exercise or medicine.

You are to have:

- An Exercise Stress Test. Bring walking shoes and loose-fitting clothing so you can move easily. You can wear a hospital gown.
- A Medicine Stress Test.

Arrive on time for your test. Plan on being here about 2 hours.

To Prepare

- 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 or tea, chocolate, and soft drinks.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.
- Do not smoke for at least 4 hours before the 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.

During the Test

Stress Echocardiogram (Baaritaanka Cadaadiska Wadnaha)

Baaritaanka cadaadiska wadnaha, waxaa sidoo kale loo yaqaannaa stress echo, wuxuu kulmiyaa baaritaanka cadaadiska nafsadeed iyo echocardiogram. Stress echo waxay eegeysaa sida wadnahaagu u shaqeeyo. Baaritaankaan waxaa lala sameeyaa jir-dhis ama daawo.

Waxaad maraysaa:

- Jir-dhiska Baaritaanka Cadaadiska Nafsadeed. Keenso kabo lagu socdo iyo dhar dabaacsan si markaas aad u awooddid inaad si fudud u dhaq-dhaqaaqid. Waxaad xiran kartaa goonnada isbitaalka.
- Daawada Baaritaanka Cadaadiska Nafsadeed.

Waqtiga ku imow marka lagu baarayo. Qorsheyso inaad meesha joogtid ilaa 2 saacadood.

Si aad isugu diyaarisid

- Ha soo cunin cunto adag 4 saacadood baaritaankaaga ka hor.
- Waxaad cabbi kartaa biyo laakiin ha cabbin dareereyaal ay ku jiraan *caffeine*. *Caffeine* wuxuu ku jiraa qaxwada joogtada ah iyo qaxwada aan kafayiin lahayn ama shaaha, shukulaatada, iyo cabitaannada fudud.
- Dhakhtarkaaga weydii haddii ay tahay inaad daawo qaadatid subaxa baaritaanka ka hor. Haddii ay sidaas tahay, kabbashooyin biyo ah oo keliya ku qaado.
- Sigaar ha soo cabbin ugu yaraan 4 saacadood baaritaanka ka hor. Sigaar cabbiddu waxay saameyn kartaa natiijooyinka baaritaanka.
- Kaniiniyada *Nitroglycerin* ama buufin ayaa laga yaabaa in loo isticmaalo xanuunka feedhaha haddii loo baahdo.
- Keenso taxanaha daawooyinkaaga. Xaqiiji inaad ku soo dartid wixii daawooyin ah ee lagu soo qoray iyo daawooyinka aad iska soo iibsatid, fiitammiinnada iyo daawo geedeedka aad qaadatid.

Waqtiga Baaritaanka

Stress Echo. Somali.

Tell the doctor right away if you have shortness of breath or chest pain during the test.

Exercise Stress Test

- Small pads are put on your chest to check your heart. 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.
- You exercise on a treadmill or bike.
- The exercise gets harder every few minutes.
- When you are too tired to continue or your heart rate gets high enough, the exercise is stopped.

Medicine Stress Test

- An IV (intravenous) is put in a vein in your arm. Medicine is put in your IV every few minutes to raise your heart rate.
- Your blood pressure is checked often.
- When your heart rate gets high enough, an echo is done.

For the Echo

- You lie down on your left side on a table.
- Warm gel is put on your chest. A wand is moved across the gel to take the pictures.
- You are able to see the pictures of your heart on the screen.

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.

Isla markiiba dhakhtarka u sheeg haddii aad leedahay daal fara badan, neefsashada oo kugu gaaban ama feedho xanuun waqtiga baaritaanka.

□ **Jir-dhis Baarid Cadaadis nafsadeed**

- Cad yar oo koollo leh ayaa feedhaha lagaaga dhajinayaa si loo hubiyo wadnahaaga. Ragga, timaha xabadka ayaa laga yaabaa in loo baahdo in laga xiiro.
- Dhiig cabbiraha ayaa gacanta lagaaga xidhayaa. Cadaadiska dhiiggaaga iyo garaacidda wadnahaaga ayaa badanaa la hubin doonaa.
- Waxaad jir-dhis ku sameyneysaa makiinadda lagu ordo ama bushkuleeti.
- Jir-dhisku wuu sii adkaanayaa dhowrkii daqiiqadoodba.
- Markaad aad uga daasho inaad sii waddo ama garaaca wadnahaagu uu meel sare oo ku filan gaaro, jir-dhiska waa la joojinayaa.

□ **Baaritaanka Daawada Cadaadiska Nafsadeed**

- IV (xididka gudhiisa) ayaa la galinayaa xididka gacantaada. Daawo ayaa la gelinayaa IV-gaaga dhowrkii daqiiqadoodba mar si kor loogu qaado garaacidda wadnahaaga.
- Cadaadiska dhiiggaaga ayaa badanaa la hubinayaa.
- Marka uu garaaca wadnahaagu si ku filan kor ugu kaco, ayaa echo la sameynayaa.

Marka Echo la sameynayo

- Waxaad dhinaca bidix ugu seexanaysaa miiska.
- Jel diirran ayaa feedhaha laga marinayaa. Ul ballaaran ayaa gel-ka lagu dhaq-dhaqaajinayaa si sawirro looga qaado.
- Waxaad awooddaa inaad sawirrada wadnahaaga ka aragtid shaashadda.

Baaritaanka ka Dib

- 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.

Stress Echo. Somali.

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