

# Stress Echocardiogram

A stress echocardiogram, also called a stress echo, combines 2 tests, a stress test and an echocardiogram. A stress echo looks at how your heart works.

The stress test will be done with either 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.
- If you are to take your medicines the morning of the test, take them with sips of water only.

# ストレス心エコー検査

ストレス心エコー検査（ストレスエコーとも呼ぶ）は、ストレス検査と心エコー検査の2つの検査を組み合わせたものです。ストレスエコーは、心臓の動きを調べます。

ストレス検査は、運動をする場合と薬剤の使用を伴う場合があります。

次の2つの検査を実施します。

## □ 心臓力検査。

ウォーキング用シューズと動きやすいようにゆったりとした服をご用意ください。病院のガウンも使用していただけます。

## □ 薬剤ストレス検査。

検査時間に遅れないでください。検査には2時間ほどかかります。

## 準備

- 検査前4時間以内に固形食物を食べないこと。
- 水を飲んでもかまいませんが、カフェインを含むものは飲まないこと。カフェインは、レギュラーコーヒー、カフェイン抜きのコffee、紅茶、チョコレート、清涼飲料水に含まれています。
- 検査当日の朝に薬を服用する場合、少量の水で飲んでください。

- 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**

**Tell the doctor right away** if you have shortness of breath or chest pain during the test. You will have an echocardiogram before and after the stress test.

- For the echocardiogram:
  - ▶ You will 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.
- For the stress 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.

- 検査前 4 時間以内は喫煙しないこと。喫煙は検査結果に影響を与えます。
- 胸痛発作を抑えるためのニトログリセリン錠剤やスプレーは必要に応じて使用できます。
- ご使用している薬の一覧をお持ちください。処方薬、市販薬、ビタミン剤、漢方薬も対象になります。

## 検査中

検査中に息切れや胸の痛みを感じた場合、直ちに医師に訴えてください。ストレス検査の前後に心エコー検査を実施します。

- 心エコー検査
  - ▶ 診察台の上に、体の左側を下にして横になります。
  - ▶ 温かいゲルを胸に塗ります。ゲルの上でスキャナを動かして写真を撮ります。
  - ▶ 画面で心臓の写真を見ることができます。
- ストレス検査
  - 心臓力検査
    - 心臓のチェックを行うために、胸に小さなパッドを取り付けます。男性は胸毛を剃毛する必要がある場合があります。
    - 血圧測定カフを腕に取り付けます。血圧と心拍数の測定はたびたび行います。
    - ランニングマシンまたはエアロバイクを使用します。

- 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 and then an echo is done.
- ☐ 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.

### **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.**

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- 運動量を数分ごとに増やします。
- それ以上継続できなくなるかまたは心拍数が十分に高くなった時点で運動をやめ、エコーは終了です。

#### □ 薬剤ストレス検査

- IV（点滴）を腕の血管に入れます。点滴を通して 2～3 分間隔で薬を投与することで心拍数を高めます。
- 血圧をたびたびチェックします。
- 心拍数が十分に高くなった時点でエコーは終了です。

## 検査後

- 通常通りの活動に戻れます。
- 検査結果はかかりつけの医師に渡されます。医師から結果の説明を受けます。

質問や不明な事項については、医師または看護師に相談してください。

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Stress Echo. Japanese.