

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.

Sawirka Qiimeynta Cadaadiska Nafsadda

Stress muga waxay cabbirtaa sida ugu wanaagsan ee dhiiggu uu wadnaha ugu shubmo waqtiga nasashada iyo waqtiga jir-dhiskaba. Wuxuu sidoo kale muujiyaa cabbirka iyo qaabka wadnahaaga iyo dhaq-dhaqaaqa derbiyada wadnaha. Xaddi aad u yar oo dheeh shucaac ah ayaa lagu siinayaa ka dibna sawirro raajo ayaa lagaa qaadayaa si loo muujiyo wadnahaaga. Jidhkaagu asagaa iska saari doona dheeha shucaaca.

Haddii aad wax xajiin ah ka qaaddid daawooyinka, cuntooyinka ama waxyaabo kale, shaqaalaha u sheeg baaritaanka ka hor.

Haddii aad naas nuujisid, uur leedahay ama ay kula tahay in laga yaabo inaad uur leedahay, shaqaalaha u sheeg baaritaanka ka hor.

Waxaad qaadanaysaa:

- Jir-dhis Sawir Qiimeyn Cadaadis Nafsadeed. Keenso kabo lagu socdo iyo dhar dabacsan si aad si fudud ugu dhaq-dhaqaaqid. Waxaad xidhan kartaa goonnada isbitaalka. Baaritaanku wuxuu qaadanayaa ilaa 2 saacadood.
- Daawo Sawir Qiimeyn Cadaadis Nafsadeed. Baaritaanku wuxuu qaadanayaa ilaa 3-4 saacadood.

Waqtiga ku imow marka lagu baarayo.

Si aad isugu diyaarisid

- Ha soo cunin cunto adag 4 saacadood baaritaankaaga ka hor.
- Waxaad cabbi kartaa biyo laakiin ha cabbin dareeryaal ay ku jiraan caffeine. Caffeine waa wuxuu ku jiraa qaxwada joogtada ah iyo qaxwada aan kafayiin lahayn ama shaaha, shukulaatada, iyo cabitaannada fudud.
- Sigaar ha soo cabbin ugu yaraan 4 saacadood baaritaanka ka hor.
- Dhakhtarkaaga weydii haddii ay tahay inaad daawo qaadatid maalinta ka hor iyo subaxa baaritaanka.
- Waxaad isticmaali kartaa kaniiniyadaada nitroglycerin ama buufinta feedho xanuunka sidii hadba loo baahdo.
- Keenso taxanaha daawooyinkaaga. Xaqiiji inaad ku soo dardarday wixii daawooyin ah ee lagu soo qoray iyo daawooyinka aad iska soo iibsatid, fitammiinnada iyo daawo geedeedka aad qaadatid.

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.

Waqtiga Baaritaanka

- Waxaa lagu weydiin doonaa inaad u beddelatid dharkaaga jir-dhiska ama goonnada isbitaalka.
- IV (xididka gudahiisa) ayaa la galinayaa xididka gacantaada. Sambal dhiig ayaa lagaa qaadayaa.
- Dheeh ayaa xididka lagaaga shubayaa IV.
- 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.
- **Isla markiiba dhakhtarka u sheeg** haddii aad leedahay daal fara badan, neefsashada oo kugu gaaban, feedho xanuun, feedho caabuuq, lugo casiraad ama aad dareento war-wareer waqtiga baaritaanka.

Jir-dhis Sawir Qiimeyn Cadaadis Nafsadeed: Waxaad fuulaysaa miis leh bushkuleeti jir-dhis oo hor yaalla makiinadda raajada. Sawirro ayaa wadnahaaga laga qaadayaa inta aad nasanayso. Ka dibna waxaad wadaysaa jir-dhiska adigoo cagaha u wadaya bulshkuleetiga adigoo dhabarka u jiifa. Waxaad bushkuleetiga wadaysaa ilaa uu garaaca wadnahaagu ka gaarayo xaddi mucayan ah ama aad ka daasho oo aadan sii wadi karaynin. Sawirro dheeraad ah ayaa lagaa qaadayaa.

Daawo Sawir Qiimeyn Cadaadis Nafsadeed: Waxaad ku seexanaysaa miis. Makiinad raajo ayaa lagu dhaqaajinayaa feedhahaaga si loo helo sawirrada wadnahaaga adigoo nasanaya. Daawo ayaa IV-gaaga lagaa siinayaa mararka qaarkood si wadnahaaga looga yeelo inuu u shaqeeyo sidii adigoo jir-dhis sameynayey oo kale. Sawirro dheeraad ah ayaa lagaa qaadayaa.

Baaritaanka ka Dib

- Waxaa laga yaabaa inaad hawlahaagii caadiga ahaa isaga laabatid.
- Natiijooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu wuxuu kula socodsiiin doonaa natiijooyinka.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

Stress Muga. Somali.

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