

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.

心臓ストレス検査

ストレス検査は、運動検査、心臓検査、または心臓ストレス検査とも呼びます。この検査では、ストレスを受けた心臓の状態をチェックし、また血管に閉塞がないかどうか見ることができます。検査を実施するにあたり、薬剤を服用するか、またはランニングマシンやエアロバイクを使って運動します。

医師があなたのストレス検査に次のいずれかの方法の予定しています：

薬剤

運動

検査時間に遅れないでください。検査には 1 時間ほどかかります。検査のために 2 時間ほど時間を空けておいてください。

準備

- 運動を伴うストレス検査を受ける場合、ウォーキングシューズと動きやすい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。
- 検査前 4 時間以内に固形食物を食べないこと。

- You may drink water, but do not drink liquids with caffeine. Caffeine is in regular and decaf coffee, tea, chocolate and soft drinks.
- 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.

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.

- 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
のコーヒー、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。
- 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

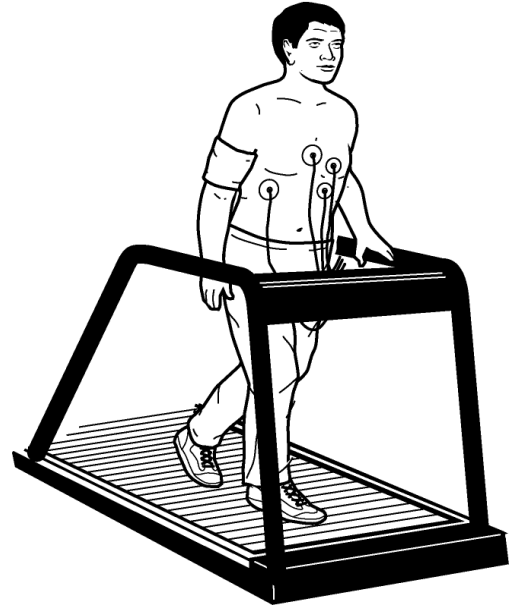
- 運動着または病院のガウンに着替えるよう指示されます。
- 心拍チェックを行うために、胸に小さなパッドを取り付けま
す。男性は胸毛を剃毛する必要がある場合があります。
- 血圧測定カフを腕に取り付けます。血圧と心拍数の測定はたび
たび行います。
- 息切れや胸痛が生じた場合、直ちに職員にお知らせください。

❑ 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.



After the Test

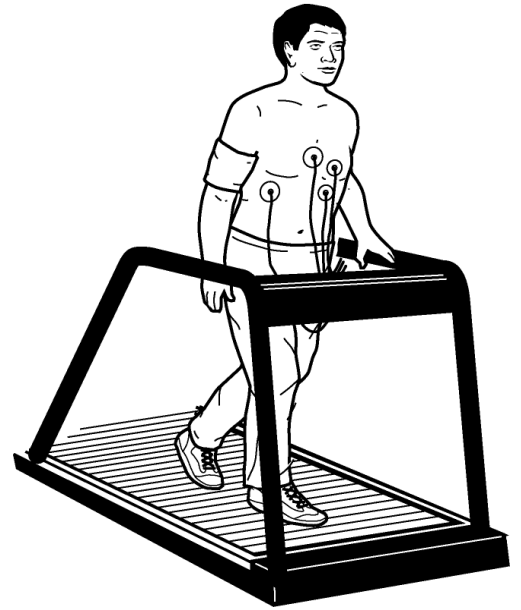
- You are asked to sit and rest a few minutes.
- When you go home, you may return to your normal activity.
- Test results are sent to your doctor. Your doctor will share the results with you.

□ 薬剤を使用するストレス検査:

- ▶ IV（点滴）を腕の血管に入れます。
- ▶ 心臓にストレスをかける薬剤を静脈に投与します。
- ▶ 心拍数が規定値まで上がった時点で検査は終了です。

□ 運動を伴うストレス検査:

- ▶ ランニングマシンの上を歩くか、またはエアロバイクをこぎます。
- ▶ 運動量を数分ごとに増やします。
- ▶ 疲れて運動を継続できなくなるか、心拍数が規定値まで上がった時点で検査は終了です。



検査後

- 数分間、座って休息をとるように指示されます。
- 帰宅したときには、通常どおり活動に戻れます。
- 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。

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

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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 Test. Japanese.