

# Sawiridda Wadhana ee Giigsanaanta Leh

## 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.

Sawiridda wadhaha ee giigsanaanta leh, (stress echocardiogram), oo loona yaqaan stress echo, waxay kulmisaa 2 baaritaan, baaritaanka giigsanaanta iyo sawiridda wadhaha ee sanqadha la adeegsado.

Baaritaanka ciriiriga waxa la sameeyaa iyadoo la isticmaalayo jimicsi ama daawo. Waxaad maraysaa:

Baaritaanka Giigsanaanta ee Jimicsi Leh.

Keenso kabo lagu socdo iyo dhar dabacsan si markaas aad u awooddid inaad si fudud u dhaq-dhaqaaqid. Waxaad xiran kartaa toobka/qamiiska isbitaalka.

Dawada Baaritaanka Giigsanaanta.

**Waqtiga ku imow marka lagu baarayo.** Qorsheyso inaad halkan joogayso ilaa 2 saacadood.

### 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.
- Do not smoke for at least 4 hours before the test. Smoking can affect your test results.

### 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 kafiin. kafiin wuxuu ku jiraa qaxwada joogtada ah iyo qaxwada aan kafiin lahayn ama shaaha, shukulaatada, iyo cabitaannada fudud.
- Haddii aad qaadanaysid qaar ka mid ah dawooyinkaaga subaxa baaritaanka, ku qaado kaliya kabashooyin yaryar oo biyo ah.
- Sigaar ha soo cabbin ugu yaraan 4 saacadood baaritaanka ka hor. Sigaar cabbiddu waxay saameyn kartaa natiijooyinka baaritaankaaga.

- 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.
- › The exercise gets harder every few minutes.

- Nitroglycerin ah kaniini ama daawo buufis ayaa laga yaabaa in loo isticmaalo xanuunka laabta haddii loo baahdo.
- Keenso taxanaha/liiska daawooyinkaaga. Xaqiiji inaad ku soo dartid wixii daawooyin ah ee lagu soo qoray iyo daawooyinka aad iska soo iibsatid, fitammiinnada iyo daawo geedeedka aad qaadatid.

## Waqtiga Baaritaanka

U sheeg dhakhtarka haddii aad leedahay neef qabatin ama xabad/laab xanuun muddada baaritaanka. Waxa lagaa qaadi sawiridda wadnaha ka hor iyo kadib imtixaanka giigsanaanta.

### Baaritaanka sawiridda wadnaha:

- Waxaad u jiifsan doontaa dhankaaga bidix miiska dushiisa.
- Jel diirran ayaa xabadka/laabta lagaa marinayaa. Walax ayaa la dul marin jelka si sawir looga qaado.
- Waxaad awoodaa inaad ka aragto shaashada sawirrada wadnahaaga.

### Baaritaanka giigsanaanta:

- Baaritaanka Giigsanaanta ee Jimicsi Leh
  - › Qayb yar oo koollo leh ayaa laabta lagaaga dhajinayaa si loo hubiyo wadnahaaga. Ragga, timaha xabadka ayaa laga yaabaa in loo baahdo in laga xiiro.
  - › Cadaadis dhiig cabbiraha ayaa gacanta lagaaga xidhayaa. Cadaadiska dhiiggaaga iyo garaacidda wadnahaaga ayaa badanaa la hubin doonaa.
  - › Waxaad jimicsi ku sameyneysaa makiinadda lagu ordo ama bushkuleeti/baaskiil.
  - › Jimicsigu wuu sii adkaanayaa dhowrkii daqiiqadoodba.

- › 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.

- › Markaa aad daallan tahay inaad sii waddo ama wadnahaaga garaaciisa kaco ilaa heer, jimicsiga ayaa la joojin oo markaas waxa la samayn baaritaanka sawiridda wadnaha.

#### ☐ Dawada Baaritaanka Giigsanaanta

- › IV 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 sawiridda wadnaha la sameynayaa.

## 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.**

## 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.**