

负荷 Muga

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 medicine called contrast is given and x-ray pictures are taken to show your heart. Your body will get rid of the contrast 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 to 4 hours.

Arrive on time for your test.

To Prepare

Medicines:

- 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 to the test. Be sure to include any prescriptions and over the counter medicines, vitamins and herbs you take.

负荷 Muga（放射性核素活动血管扫描术）可测量在您休息及运动期间的心脏泵血情况。它还会显示心脏的大小和形状以及心壁的运动。将使用称为造影剂的药物，并拍摄 X 线照片以显示心脏状况。您的身体会自行排出造影剂。

如果您对药物、食物或其它物品有任何过敏情况，请在此项检查前告知医务人员。

如果您目前在用母乳喂养婴儿，或是已怀孕或认为自己可能怀孕，请在此项检查前告知医务人员。

您将接受下列检查：

- 运动负荷 Muga**。请带便鞋和宽松的衣服，以便自如地活动。您可穿上病人衣服。此项检查用时约 2 小时。
- 药物负荷 Muga**。此项检查用时约 3 到 4 小时。

请准时前往检查地点。

检查前的准备

药物：

- 询问医生您是否应在检查前一天和检查当天早晨服药。
- 您可能会随需使用硝酸甘油片剂或喷雾剂，以缓解胸痛症状。
- 前来检查时，请带上您所用药物的清单。务必将您服用的所有处方和非处方药、维生素及草药都包括在内。

For 4 hours before your test:

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

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 contrast is put into your IV.
- Small pads are put on your chest. For men, chest hair may need to be cut.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate will be checked often.
- **Tell your doctor right away** if you have shortness of breath, chest pain, chest pressure, leg cramps, feel dizzy or tired 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.

检查前 4 小时注意事项:

- 不要吸烟。
- 不要吃固体食物。可以饮水，但不要喝含咖啡因的液体。普通和无咖啡因的咖啡或茶、巧克力及不含酒精饮料中都含有咖啡因。

检查期间的事宜

- 医生会要求您换上运动服或病人衣服。
- 在您手臂的静脉内插入一根静脉导管。将采集一份血样。
- 将造影剂注入静脉导管内。
- 将若干小垫子放在您的胸部。男性病人可能需要刮去胸毛。
- 给您的手臂戴上血压袖带。会经常检查您的血压和心率。
- 如果您在检查期间出现气短、胸痛、胸部压迫感、腿肌痉挛、眩晕或疲乏等症状，**请立即告知医生**。
- **运动负荷 Muga:** 您躺在 X 射线机前面一个带有健身脚踏车的专用检查床上。在休息期间将拍摄心脏图片。然后，您以仰卧姿势骑脚踏车来进行运动。您将一直骑到心率达到特定值或是感觉太疲乏而不能继续骑车为止。另外会拍摄更多照片。
- **药物负荷 Muga:** 您躺在检查床上。X 射线机会在您的胸部上方移动以拍摄您在休息状态下的心脏照片。会不时通过静脉导管给药，以使您心脏的工作状态如同您一直在做运动的情形。另外会拍摄更多照片。

After the Test

- You may return to your normal activity unless your doctor tells you otherwise.
- 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.

检查后事宜

- 您可恢复正常活动，除非医生告知您不能这样做。
- 检查结果会送给医生。医生将告知您结果。

如有任何疑问或担心，请告知医生或护士。