

你的運動超音波心動描記圖

YOUR EXERCISE ECHOCARDIOGRAM

關於此份文件，你若有任何的疑問或是任何不明瞭的部分，或是需要一位口譯員，請詢問你的醫生或其他的健康提供者。

If you have any questions about this document or do not understand any portion of it, or need an interpreter, ask your physician or other health provider.

運動超音波心動描記圖 (或壓力超音波心動描記圖)是種藉由結合超音波(聲波)研究心臟在運動測驗的一項檢查。

- An exercise echocardiogram (or stress echocardiogram) is the test that combines an ultrasound (sound wave) study of the heart with an exercise test.

這允許醫師檢查你心臟在休息的和運動時後的功能。

- It allows the doctor to look at your heart's function both at rest and during exercise.

這測驗對冠狀動脈疾病的診斷是特別有用的。

- This test is especially helpful in diagnosing coronary artery disease.

你可能會預期什麼

What can you expect

當你抵達檢查區，你會被詢問關於你的醫療病史。

- When you arrive at the testing area, you will be asked questions about your medical history.

你會被要求換上醫院的長上衣和躺在檢查台上。

- You will be asked to put a hospital gown and lie on the exam table.

你心臟呈現休息狀態的影像會被照下來。

- Resting images of your heart will be taken.

附著凍膠的傳感器會被放置於你的左胸並移至到不同的點。這是為看你的心臟的不同面。

- A transducer, with gel will be placed on the left side of your chest and moved to different spots. This is a look to different sections of your heart.

當這些影像完成時，你會被要求在運動跑步機上走或是踩固定式的腳踏車。(你若無法作任何一項運動，醫師會安排另外不同的測驗。)

- When those images are complete, you will be asked to walk on a treadmill or pedal a stationary bike. (If you are unable to do either of these the doctor will order a different test).

你會持續運動直到你心跳速度達到目標，你會變得太疲勞而無法運動或你遭遇任何的徵狀。

- You will exercise until your target heart rate is achieved, you are too tired to go on or you experience any symptoms.

你運動後立即，你會被告知移到檢查台。這必須非常迅速地完成，像第一張運動照片需在一分鐘內完成一樣。

- Immediately after you exercise, you will be told to move to the exam table. This must be done very quickly as the first exercise pictures must be taken within a minute.

醫師比較休息狀態的影像和運動後所照的影像。這允許醫師偵測任何冠狀動脈疾病異常運動的分界。

- The doctor compares the resting images to those done after exercise. This allows the doctor to detect any wall motions abnormalities to coronary artery disease.

測驗結果

Results of the test

心臟病專家會檢閱從檢查獲得的資料。一份完整的報告可能需花費數天完成，並且一經打字完會呈送給你的醫師。

- A cardiologist will review the information obtained from the test. A complete report may take several days and will be sent to your doctor once it is typed.

心臟病專家或是你的主治醫師會和你談論檢查結果。

- The cardiologist or your primary doctor will talk to you about the test results.

你若有任何疑問，請打電話到心臟科部門或是你的主治醫師。

- If you have any questions, please call the cardiology department or your primary care physician.

特別的指示

Special Instructions

對這項檢查，無須特別的準備。

- For this type of test special preparation is not needed.

此檢查約需費時一小時左右。

- The test takes approximately an hour.

此檢查是完全不會痛和非侵入性的。

- The test is completely painless and non-invasive.

在檢查當天請攜帶你目前在服用的所有藥物 (或藥物名單)。

- Bring all medications you are currently taking (or a list of them) on the day of the test.