



Discharge Instructions After Your Stress Test

When the test is over, you may:

- Return to your normal routine and diet unless otherwise instructed.
- Resume the medications you took prior to the test unless otherwise instructed by your physician.
- The physician will discuss your test results with you during a future office visit or by a phone call or in some cases immediately after the test.
- These results will help your doctor plan your treatment or plan for further testing that may be needed.
- If you would like your results before your next office visit, you may call your doctor in two business days after the test.

After an exercise stress test, it is normal to feel tired. However, if you develop chest pain, pressure or tightness, severe or sudden shortness of breath you should seek medical attention or go to the closest emergency room.

Additional instructions:

Call your doctor if you have any other questions or concerns about your health condition.

Dr _____

Phone Number _____