Chest Pain - Nonspecific

Today you have had an exam and tests to determine a specific cause for your chest pain. It is often hard to give a specific diagnosis as the cause of one's chest pain. There is always a chance that your pain could be related to something serious, like a heart attack or a blood clot in the lungs. You need to follow up with your caregiver for further evaluation. More lab tests or other studies such as x-rays, an electrocardiogram, stress testing, or cardiac imaging may be needed to find the cause of your pain.

Most of the time nonspecific chest pain will be improved within 2-3 days of rest and mild pain medicine. For the next few days avoid physical exertion or activities that bring on the pain. Do not smoke or drink alcohol until all your symptoms are gone. Quitting smoking is the number one way to reduce your risk for heart and lung disease. Call your caregiver for routine follow-up as advised.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- **Increased chest pain, or pain that radiates to the arm, neck, jaw, back or abdomen.**
- **Shortness of breath, increasing cough or coughing up blood.**
- **Severe back or abdominal pain, nausea or vomiting.**
- **Severe weakness, fainting, fever or chills.**

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