Your Chest Pain Diagnosis
Our initial evaluation has NOT shown any evidence of a heart attack. This conclusion is based on a blood test (to look for troponins — enzymes that are released when the heart muscle is damaged) and an electrocardiogram (to check that your heart is getting enough oxygen and blood). Over the next five hours, two additional blood tests (troponins) will be taken to definitively rule out a heart attack.

However, even if these tests do confirm our diagnosis, your chest pain may indicate possible warning signs of a FUTURE heart attack.

Further Tests
A STRESS TEST EVALUATION may more precisely determine if your heart is functioning correctly by viewing blood flow to your heart while at rest and under stress.

Examsining your risk will help you to determine whether you would like to have a stress test now or would like assistance in making a clinic appointment.

Your Personal Risk Evaluation
Your risk of having a heart attack or of having a pre-heart attack diagnosis within the next 45 days can be determined by comparing you to people with similar factors who also came to the Emergency Department with chest pain.

Would You Like to Have a Stress Test Now or Make an Appointment?
- I would like to be admitted to the observation unit to have an urgent cardiac stress test.
- I would like to be seen by a Mayo Clinic heart doctor within 24-48 hours and would like assistance in scheduling this appointment.
- I would like to schedule an appointment on my own to consult with my primary care physician.
- I would like my emergency department doctor to make this decision for me.

What’s Next?

1 Stress test options include nuclear stress testing, ultrasound stress testing, and exercise ECG (electrocardiogram) stress testing. Nuclear stress testing includes exposure to radiation which has been shown to be related to increased cancer risk over a lifetime. Your doctor can help you explore which option may be best for you.

2: • Age
• Gender
• Race
• If chest pain is made worse when manual pressure is applied to the chest area
• If there is a history of coronary artery disease
• If the chest pain causes perspiration
• Findings on electrocardiograms (electronic tracings of the heart)
• Initial cardiac troponin T result

Of every 100 people with factors like yours who came to the emergency department with chest pain...

5 had a heart attack or a pre-heart attack diagnosis within 45 days of their emergency department visit, 95 did not.