



THUMB REGION

1100 S. Van Dyke
Bad Axe, Michigan 48413
989-269-9521 • www.mclaren.org/thumbregion

STRESS TEST DISCHARGE INSTRUCTIONS

1. RESUME YOUR CURRENT MEDICATIONS AS TAKEN PRIOR TO TESTING.
2. YOU MAY EAT OR DRINK YOUR NORMAL DIET.
3. YOU MAY RESUME NORMAL ACTIVITIES.
4. PLEASE SCHEDULE A FOLLOW UP APPOINTMENT WITH THE ORDERING DOCTOR TO REVIEW TEST RESULTS.
5. IT IS POSSIBLE TO HAVE A HEART ATTACK AFTER A STRESS TEST, IF YOU FEEL ANY CHEST PAIN OR PRESSURE DO NOT IGNORE IT, GO TO THE NEAREST EMERGENCY DEPARTMENT OR CALL 911 TO BE EVALUATED. NEVER IGNORE CHEST PAIN OR PRESSURE, OR UNUSUAL SHORTNESS OF BREATH, AS THESE ARE POSSIBLE SIGNS OF A HEART ATTACK.

PATIENT SIGNATURE:

DATE: _____ TIME: _____

DISCHARGE EMPLOYEE SIGNATURE:

DATE: _____ TIME: _____

THANK YOU FOR CHOOSING MCLAREN THUMB REGION. IT HAS BEEN A PLEASURE SERVING YOU!