

PRINTABLE FLOW TOOL

Flow Tool 4: Questions After a Normal Stress Test



PRINTABLE
VERSION

A normal result is good news. These questions help you understand what the test settled and how far its reassurance extends.

- What exactly did this test rule out?
- Does it tell us whether I have plaque?
- Can this test predict which plaque will break open or when? (No.)
- If my symptoms continue, what possible cause have we not yet evaluated?
- Should my prevention change based on my overall risk?
- What noncardiac causes should we consider if the heart evaluation does not explain the symptoms?

Remember: A normal stress test means the test did not find evidence that part of the heart was receiving too little blood under the conditions tested. It does not show all plaque that is present without a major blockage or rule out every problem involving the heart's smallest vessels. New or worsening symptoms still require reassessment.

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