



## Chest Pain (Nonspecific)

It is often hard to give a specific diagnosis for the cause of chest pain. It can be caused by heartburn, chest infection, anxiety or stress, shingles infection, heart or lung problems. You need to follow up with your healthcare provider for further evaluation. The chest wall is composed of bones, muscles, and cartilage. Any of these can be the source of the pain. Most of the time, nonspecific chest pain will improve within 2 to 3 days with rest and mild pain medicine.

### HOME CARE INSTRUCTIONS

- If antibiotics were prescribed, take your antibiotics as directed. Finish them even if you start to feel better.
- For the next few days, avoid physical activities that brings on chest pain. Continue physical activities as directed.
- Do not smoke.
- Avoid caffeine, chocolate and drinking alcohol.
- Only take over-the-counter or prescription medicine for pain, discomfort, or fever as directed by your healthcare provider.
- Follow your healthcare provider's suggestions for further testing if your chest pain does not go away.
- You may be advised to keep your head raised (elevated) when sleeping. This reduces the chance of acid going backward from your stomach into your esophagus.

### SEEK MEDICAL CARE IF YOU:

- Think you are having problems from the medicine you are taking. Read your medicine instructions carefully.
- Have chest pain does not go away, even after treatment.
- Develop shortness of breath, an increasing cough, or you are coughing up blood.
- Develop a rash with blisters on your chest.
- Have a fever or chills.

### SEEK IMMEDIATE MEDICAL CARE IF YOU:

- Have increased chest pain or pain that spreads to your arm, neck, jaw, back, or abdomen.
- You have severe back or abdominal pain, feel nauseous, or vomit.
- You develop severe weakness, fainting.

**THIS IS AN EMERGENCY.** Do not wait to see if the pain will go away. Get medical help at once. Call your local emergency services (911). Do not drive yourself to the hospital.

**This general advice cannot cover all possible problems. If there is concern, please contact your physician, healthcare provider or the Emergency Department without delay.**