

## IRH chest pain advice sheet

- You have been assessed in the Emergency Department with chest pain and your investigations suggest that you have not suffered damage to your heart muscle (for example a heart attack.)
- You **may** need further tests to assess whether there is a risk of heart disease in future; however, it is safe to do this in a cardiology clinic.
- We will pass on the information from your attendance to the Cardiology team and they will contact you in the next few days if they feel you require further tests.
- If you have concerns in the next two days, you can contact the Emergency Department on 01475 524166.
- If you have not received any communication from the Cardiology Department in the next week, contact your GP who should have received a letter from the Emergency Department.

Glyceryl Trinitrate (GTN) spray:

Your doctor may have provided you with this drug if they felt it was required.

What is GTN spray and how does it work?

GTN is a spray used to relieve angina (chest pain due to heart strain). It relaxes and widens blood vessels in the heart and in the rest of the body when sprayed under the tongue.

How do I use the medicine? You should carry your GTN spray with you at all times but only use it should you develop chest pain or discomfort. Spray two puffs under your tongue. Wait 5 minutes and if the pain continues, spray two more puffs under the tongue unless you feel dizzy. **(If dizzy, lie down and wait a further 5 minutes. If your pain continues for more than 20 minutes, phone 999.)**

Are there any side effects?

Common side effects are as a result of the widening of the blood vessels in other areas of the body apart from the heart. Headaches can be relieved by taking paracetamol (following the instructions on the paracetamol packet). Dizziness can be minimised by sitting or lying down. All these side effects are temporary and usually become less troublesome with time.