

I've got chest discomfort, and have got my GTN spray.

Stop and sit down.

Wait 5 minutes.

Has the discomfort gone completely?

NO

Use your GTN spray  
– 1 spray under tongue

Wait 5 minutes.

Has the discomfort gone completely?

NO - Use 1 spray again.

**PHONE 999**

If you have any aspirin, chew one tablet

YES

Relax, you are alright.  
Sit a while longer before continuing your day, and keep a diary of these symptoms.

YES

**If PAIN is BAD – CALL 999 STRAIGHT AWAY**

**Contact your GP if:**

- your angina episodes become **more frequent** or **severe**
- you start to get angina while you are **resting**
- your GTN seems to become **less effective**
- using your GTN spray causes **severe** headache.

If you have been given a GTN (glyceryl trinitrate) spray, this contains a drug which will relax your blood vessels and let the blood get to your heart muscle more easily. This should relieve your chest pain, however using the spray may give you a throbbing headache or make you feel dizzy or flushed as it lowers your blood pressure. If this occurs, stay seated and try to relax.

The symptoms should ease off within 5-10 minutes.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the Patient Advice and Liaison Service (PALS) on 01872 252793



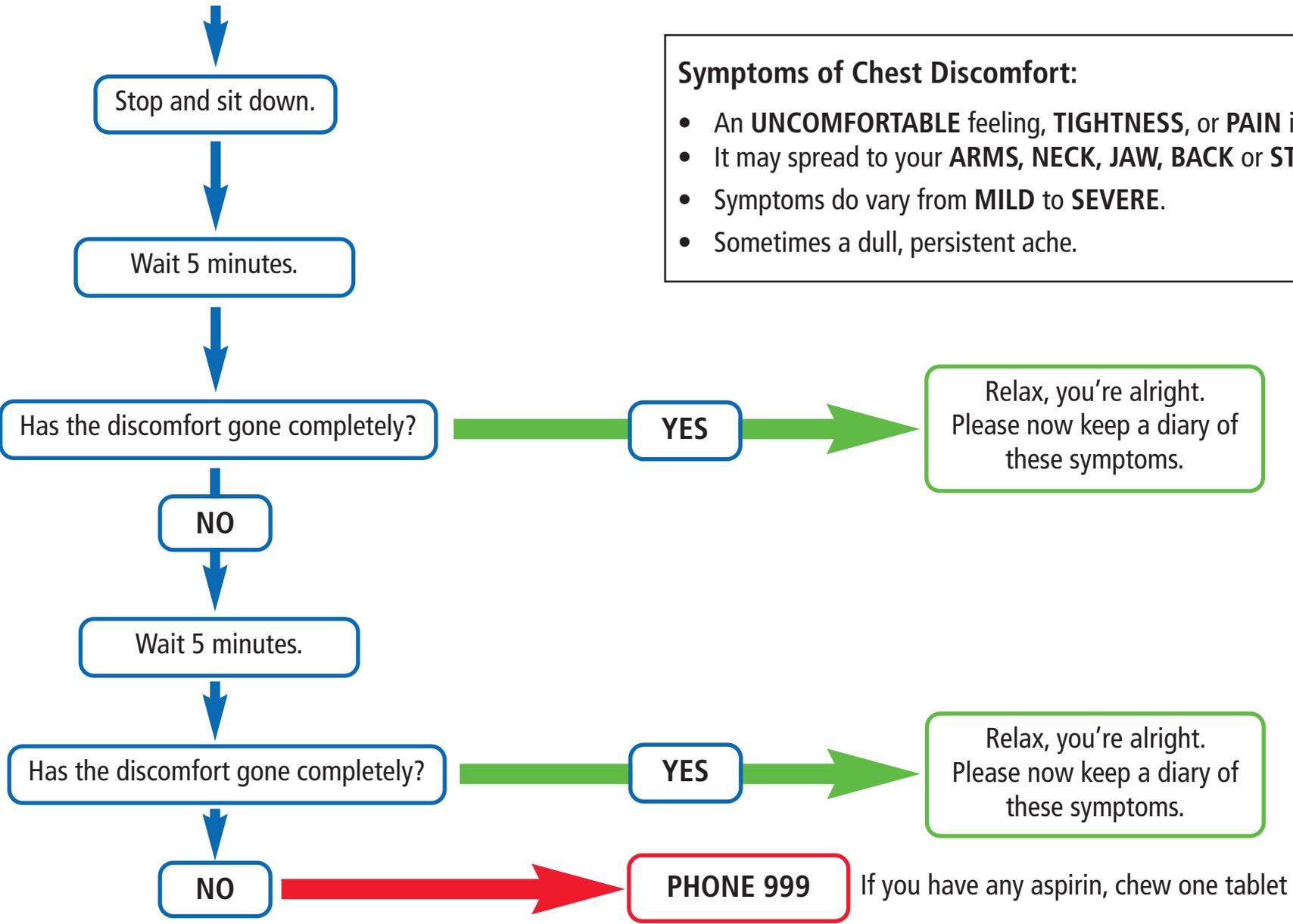
**What to do if you get chest discomfort**

If you have been prescribed a GTN spray it is important to **KEEP IT AVAILABLE** should you need it.



**I've got chest discomfort, and DO NOT have my GTN spray.**

**If PAIN is BAD – CALL 999 STRAIGHT AWAY**



**Symptoms of Chest Discomfort:**

- An **UNCOMFORTABLE** feeling, **TIGHTNESS**, or **PAIN** in your **CHEST**.
- It may spread to your **ARMS, NECK, JAW, BACK** or **STOMACH**.
- Symptoms do vary from **MILD** to **SEVERE**.
- Sometimes a dull, persistent ache.

**Exacerbating factors:**

- Increased activity / exertion.
- Cold weather.
- Walking after a meal.
- Distress / anxiety.

**Symptom diary:**  
**(to be kept for every episode)**

Please note the date and time of your symptoms, then answer the following questions:

- How would you describe your symptoms?
- Where was your discomfort?
- What were you doing at the time your symptoms started?
- What alleviated your symptoms?
- How long did it last?

Please inform your doctor or cardiac nurse of these symptoms.