

Angina action plan

For anyone with a GTN spray or tablets

1

Stop. Sit down. Rest.

Don't try to walk it off. If driving, pull over.

2

Use your GTN spray or tablet under the tongue.

Sit down first: it can make you dizzy.

3

Wait 5 minutes.

Pain gone? Rest a while longer. Tell your GP if it's happening more often.

4

Still got pain? Second dose.

5

Still got pain 5 minutes after the second dose? CALL 999.

Say you have angina and GTN hasn't worked. Chew a 300mg aspirin if you have one.

Call 999 straight away, don't wait 10 minutes, if:

- the pain is much worse than your usual angina
- it came on at rest or woke you from sleep
- you're sweating, sick, breathless or faint
- you feel that something is seriously wrong

Remember

- Carry your spray everywhere. Check the expiry date.
- Never use GTN within 24 to 48 hours of Viagra-type tablets.
- Angina that's getting more frequent, easier to trigger or lasting longer is **unstable angina**. That's a 999 call.

Pain after 2 doses? Call 999.