

What if my chest pain comes back?


If you get chest pain again while waiting to see your GP or to attend a hospital appointment:

- Take 2 puffs of the GTN spray under your tongue.
- If the pain does not fully settle within 5 minutes, dial 999. Return to the Emergency Department by ambulance.


This leaflet is also available in large print.

Other formats and languages can be supplied on request. Please call Quality Development on (01224) 554149 or email gram.qualitydevelopment@nhs.scot for a copy. Ask for leaflet 1626.

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call (01224) 554149 to let us know.



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Chest Pain

Information for patients and carers

**Emergency Department
Aberdeen Royal Infirmary**

About your chest pain

You have attended the Emergency Department today with chest pain. This pain has now settled.

We carried out tests that show you have **not** had a heart attack.

The doctors have carefully checked for other serious causes of your chest pain and do not think that you need to stay in hospital.

On Discharge

Before being discharged, you were given aspirin. Aspirin makes the blood less 'sticky'.

- Please take 75 mg of Aspirin once a day until a doctor tells you to stop.

You were also given a GTN spray and shown how to use it.

- Please carry the spray with you at all times.
- Use it if you have a further episode of chest pain.

No other treatment is required just now

Follow-up

Please make an appointment with your GP within the next week. We will send your GP an electronic discharge letter today with information about your attendance at the Emergency Department.

What to expect at the GP

We have asked the GP to review your risk factors for heart disease. This may include checking:

- your blood pressure
- cholesterol level
- whether you have diabetes

If you smoke, we advise you to stop. You can find help and support at the link below:

www.nhsgrampian.org/your-health/healthy-living/tobacco/smoking-advice-service/

Your GP will decide if you need any further treatment or medication. They will also decide whether to refer you to see a heart specialist for further tests.