

# ANGINA ACTION PLAN


01



- ▶ Stop what you are doing and rest now
- ▶ Tell someone how you are feeling
- ▶ Take 1 puff of your GTN spray, or 1 tablet under your tongue

02



- ▶ After 5 mins if your symptoms have not been relieved, take 1 more puff of your GTN spray, or 1 more tablet under your tongue
- ▶  After another 5 mins, if your symptoms have not been relieved, repeat

03

- ▶ After another 5 minutes if you still have symptoms, treat it as a heart attack - dial 111 and ask for an ambulance
- ▶ Chew an aspirin unless advised not to

If your symptoms are relieved, you can resume your activities gently

**IMPORTANT** - if your angina becomes more frequent, severe, lasts longer or happens when you are doing very little or resting, see your doctor in the next 24 hours