

If you think you may be having another heart attack

We have included this advice not because we think it is likely that you will have another heart attack, but because it can help you to know what to do if it did happen again.

You may like to print this page and carry it with you.

Step 1: Is it a heart attack or angina?

If the pain is bearable: Sit down and try to relax. If you have been prescribed glyceryl trinitrate (GTN) spray, use it as prescribed. The usual advice is to use the spray by squirting it under your tongue. Wait for 5 minutes. If the pain goes away, it may have been angina and you should tell your doctor about it. If you still have the pain, repeat the dose and wait a further 5 minutes. If the pain has not gone after the second 5 minute period, or the pain gets worse during that time go to Step 2. GTN should be repeated no more than three times.

If the pain is unbearable: Go straight to Step 2.

Step 2: What to do.

Dial 999 or your local emergency number and ask for an ambulance.

Tell them that it is a suspected heart attack.

Then go to Step 3.

Step 3: Waiting for help

■ If you are on your own, try to contact someone who could come and be with you while you are waiting for the ambulance.

■ Make sure that the door is left unlocked.

■ Lie down on your side and wait for the ambulance.

If you think you may be having a heart attack, always wait for the ambulance or doctor.

Don't get someone to drive you to the hospital and **DON'T DRIVE YOURSELF.**

Write down the phone numbers of people you can contact

After a heart attack it is common to notice any unusual feelings in your chest or stomach, much more than you did before. It is important not to get too worried about this. Worrying and thinking about these sensations can often make them seem worse.

You may also notice your pulse or heartbeat more often than before. It is quite normal for these to speed up if you are taking exercise or if you are a little worried or worked up.

Just noticing your heartbeat can make it speed up even more. This is quite normal. If however you feel unwell or are worried speak to your doctor.

PLEASE NOTE: In some cases the advice given to people may be slightly different to what is written on this page. We suggest that you ask your facilitator about what you should do, and write it down.