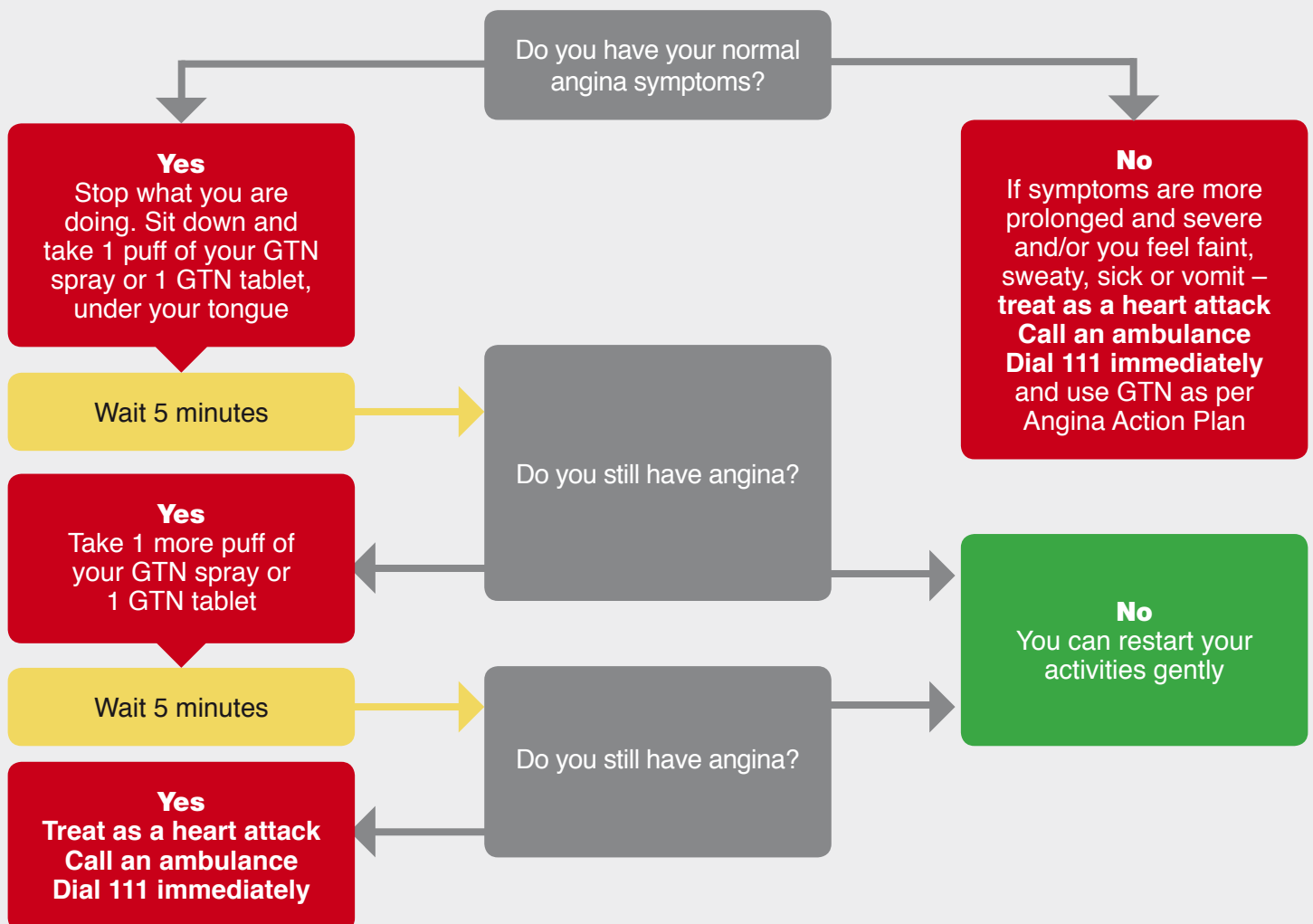


Angina Action Plan

if you take GTN spray or tablets



If you usually take GTN spray or tablets:

- Stop what you are doing. Sit down and take 1 puff of your GTN spray or 1 GTN tablet, under your tongue
- If your angina is relieved by rest or your GTN spray or tablet, you can resume your activities gently
- If your angina persists, you can take 1 more puff of your GTN spray or 1 GTN tablet after 5 minutes
- **If your angina is not relieved after a further 5 minutes, treat as a heart attack – call an ambulance. Dial 111 immediately.**

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.

This action plan is recommended by the Heart Foundation, however if you have received different advice, please discuss with your doctor or whoever prescribed you your medication.