





This plan is intended to act as a guide only. It does not take into account individual needs or circumstances . Every patient should have an advanced care plan which should be followed, rather than this action plan. If in any doubt, always consult the patient's General Practitioner.

CHEST PAIN MANAGEMENT

ACTION PLAN

TIME ELAPSED	START	5 MINUTES	10 MINUTES	15 MINUTES
	Chest pain Pressure Tightness Heaviness Palpitation In: Chest Throat Arm or Back	Pain persists	Pain persists	Pain persists
MEDICATION	Take 1/2 to 1 Anginine / Spray under the tongue and allow it to dissolve.	Take 1 Anginine / Spray under the tongue.	Take 1 Anginine / Spray under the tongue.	 
ACTION	Rest and lie or sit still	DO NOT DRIVE YOURSELF	NOTIFY YOUR GP	 Call 000 for an ambulance to go directly to hospital 

ANGININE tablet = **NITROLINGUAL** spray

Put date on bottle when opened.

Discard 3 months after opening.

Unopened bottle discard after 6 months.

Instruction for spray is the same as **ANGININE**.

Discard 12 months after opening.