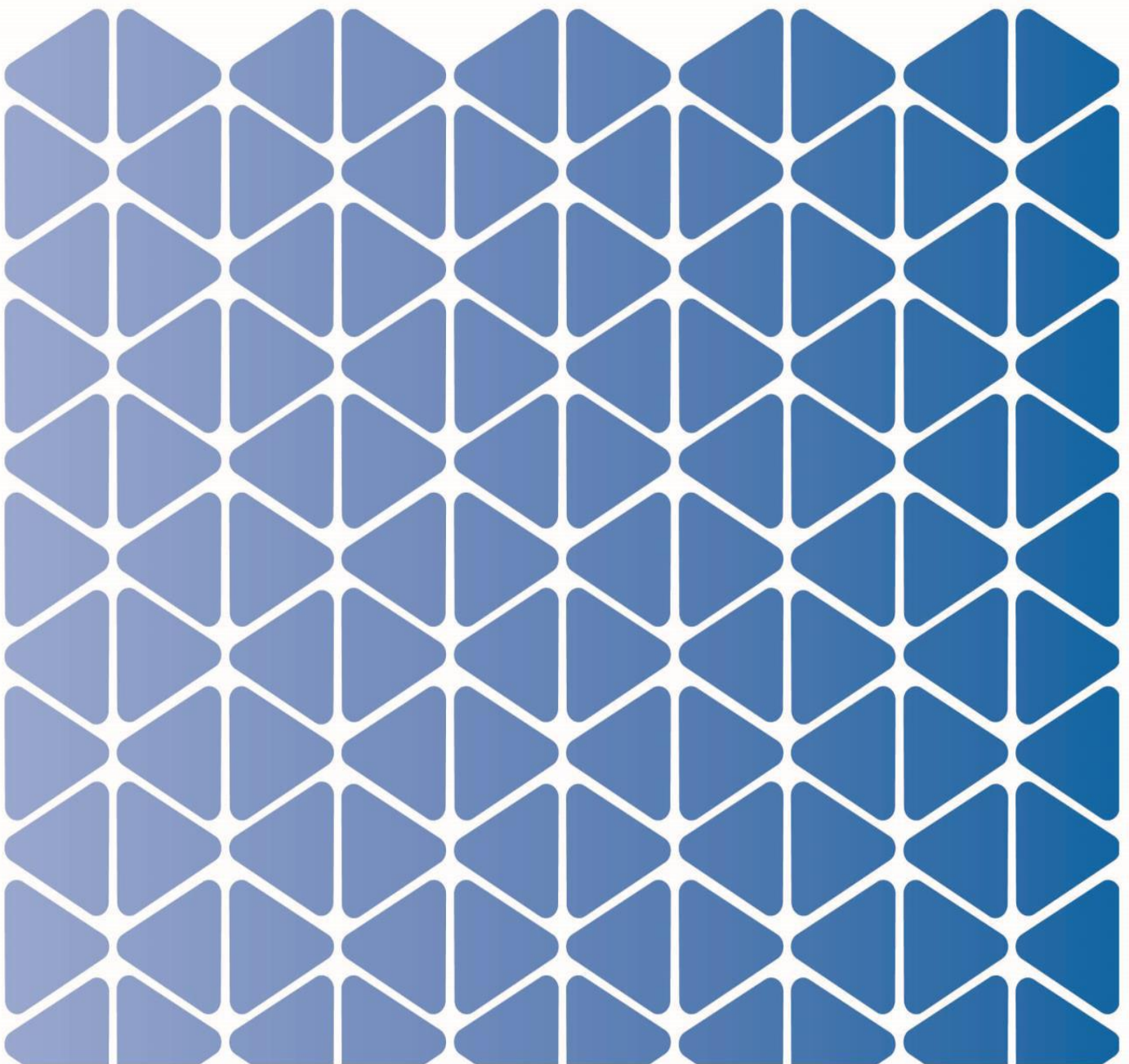


PATIENT INFORMATION**Glyceryl trinitrate (GTN)
sprays/tablets**

GTN should be used if you get chest pain/tightness or discomfort following a diagnosis of coronary heart disease and you think you are experiencing angina. This medication makes your blood vessels relax. This means it will reduce your blood pressure when you use it and can make you lightheaded. It can also give you a headache.

What to do if you think you are having an angina attack and you have a GTN spray:

- Sit down or rest against a solid surface (i.e. wall)
- Spray one pump into the air (this gets air out of the spray) then
- Lift tongue and spray 2 pumps under the tongue
- **Wait 5 minutes**,
- If discomfort not resolved take 2 more sprays under the tongue.
- **Wait a further 5 minutes**
- If still discomfort present, take 2 more sprays under the tongue.

If you have chest discomfort after using the spray 3 times, please call 999 and ask for an ambulance

What to do if you think you are having an angina attack and you have buccal tablets of GTN:

If you are using buccal nitrate tablets, place the tablet under the top lip onto the gum area. You must sit down or rest against something. If the discomfort doesn't resolve after 10-15 minutes, **please call 999 and ask for an ambulance**. If the discomfort has resolved, please remove the tablet.

If you are experiencing regular episodes of chest discomfort, which eases with GTN spray or buccal tablets, please see your GP. If you are under the Cardiac rehabilitation service, please discuss this with them **01905 733710**.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.