

Your angina diary

Department of Cardiac Rehabilitation

Information for Patients

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Introduction

This leaflet has been given to you by your Cardiac Rehabilitation Specialist professional to help manage and record your symptoms following your diagnosis or recent event.

Keeping an angina diary

Keeping a record of your angina attacks can help you see changes in the pattern and presentation of your angina. The diary can also help you identify what triggers your angina and help decide what treatment you might need.

Fill in both parts of the diary (page 2 and 3) each time you experience angina.

Important information

1. If you think that you are having an angina attack, take 1 to 2 sprays of your glyceryl trinitrate (GTN) and wait 3 to 5 minutes.

If no relief, take your GTN again and wait another 3 to 5 minutes.

If you still have any pain or discomfort dial 999.

2. If your angina is relieved **completely** by GTN but you are having angina more often **speak to your GP.**

3. If your angina happens at rest, go back to the first step. Even if your angina is relieved by GTN **speak to your GP.**

If you still have any pain or discomfort dial 999.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

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Contact details

Cardiac Rehabilitation Tel: 0116 258 3986.

Further information

www.activateyourheart.org.uk

If you have any questions, write them down here to remind you what to ask:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
 على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
 જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk