

Angina Management Plan

This information is designed to help you safely and easily manage your angina. Angina is chest pain or tightness that occurs when too little blood and oxygen reaches your heart muscle. You may also experience arm, back and jaw pain, or shortness of breath.

When angina occurs:

- Stop any physical activity and sit or lie down if possible
- Have your phone close by & tell someone if possible
- Follow your angina management plan (guidelines below)

How to use anginine tablets

- Place $\frac{1}{2}$ to 1 tablet under the tongue and wait 5 minutes. Do not swallow the tablet.
- If your angina symptoms persist take another tablet.
- If angina symptoms aren't relieved after taking a maximum of 2 tablets over a total of 10 minutes, **treat it as a heart attack and call an ambulance on 000 so they can provide emergency treatment.**
- Do not take more than 1 tablet at a time as they can lower blood pressure and may cause dizziness and fainting. Take smaller doses ($\frac{1}{4}$ - $\frac{1}{2}$) of anginine tablets if you experience these side effects with a whole tablet.
- When opening a bottle of anginine write the date on it & discard after 3 months from opening. If the bottle is unopened, discard it according to the expiry on the bottle.
- Keep the tablets in their original bottle and avoid exposure to light & heat.

How to use your GTN spray

- Prime the spray bottle is you are using it for the first time, or if it has been longer than 4 months since you last used it (see below)
 - Spray ONE dose under your tongue and wait 5 minutes
 - If your angina symptoms persist spray once more under your tongue
 - **If there is no relief of symptoms after a total of 2 sprays within 10 minutes, treat it as a heart attack & call an ambulance on 000**
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- To prime the bottle, press the nozzle and spray into the air FIVE (5) times until the drug can be seen to spray out.
 - Check the expiry date is current



Darwin

Shop 1-3 Tiwi Place
Tiwi NT 0810
PO Box 40113
Casuarina NT 0811
P: 08 8927 8488
F: 08 8927 8515

info@healthylivingnt.org.au

Alice Springs

Jock Nelson Centre
7/16 Hartley Street
Alice Springs NT 0870
P: 08 8952 8000
F: 08 8952 7000

ABN 11 374 693 055
Diabetes Association
of the Northern Territory
Incorporated T/A
Healthy Living NT
ABN 11 374 693 055

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Tips for managing your angina

- Always carry your Anginine/GTN spray with you, never leave it in your car and never let it expire or run out. Keep a spare bottle at home.
- Angina can also be prevented by using anginine before physical activities when appropriate. Discuss how it can be used with your doctor or cardiac nurse.
- If your angina episodes occur more often, last longer or don't respond as well as they usually do to the anginine or GTN spray medication, you should discuss this with your Doctor or attend your closest emergency department/clinic.
- **If at any time your angina is more severe than usual, treat it as a heart attack and call the ambulance on 000.**
- **Do not drive**
- **112** is the International standard emergency no. for digital mobile phones, however it will not work where there is no mobile coverage of any network available. **Within Australia 000 is the best option.**
- If you live in a remote area, know who you are to contact in case of an emergency e.g. clinic out of hours number and keep the numbers with you or near your phone. Also consider alternative safety devices such as Personal Locator Beacons to enable contact with emergency services where mobile coverage is limited or absent.
- Keep important contact numbers on your phone and/or fridge.

Possible side effects

- The most common side effects are headache, flushing (redness in the face) and feeling faint or dizzy.
- You can reduce these side effects by sitting or lying down before using your GTN spray or anginine tablet and rinsing your mouth out with water once your angina pain has gone.

Important Phone Numbers

Ambulance/emergency services: 000

Health direct (Registered nurse): 1800 022 222 (24hr health advice)

GP Name: _____ GP Phone: _____

Specialist Name _____ Specialist Phone: _____

Rural/Remote

Health Care Centre: _____

Contact Person: _____ Phone: _____