



Angina Management Plan

This information is designed to help you safely and calmly manage your angina. There are many symptoms associated with angina including chest, arm, back and jaw pain or chest tightness or pressure and shortness of breath. Don't ignore your symptoms.

When angina occurs:

- ◆ Stop what you are doing, sit or lie down immediately
- ◆ Take note of the time
- ◆ Use your anginine tablets or GTN spray as instructed



How to use anginine tablets

- ◆ Place ½ to 1 tablet under the tongue and wait 5 minutes
- ◆ If the angina symptoms are still there after 5 minutes take another anginine tablet
- ◆ **If there is no relief of symptoms after a total of 10 minutes, take a further anginine tablet. Treat it as a heart attack, ring an ambulance on 000 or 112 on mobile phone so you can be transported safely & quickly to the hospital**
- ◆ Do not take more than a total of 3 anginine tablets in 10 minutes
- ◆ Never take more than one anginine tablet at a time as this can drop your blood pressure causing dizziness and fainting
- ◆ If your blood pressure has dropped when taking anginine, you can break the tablet into half or a quarter and safely and confidently take
- ◆ When opening a bottle of anginine write the date on it
- ◆ Discard bottle after 90 days (3 months) as the tablets lose their effectiveness
- ◆ Only use tablets kept in the bottle as sunlight and extreme heat destroys them

How to use your GTN spray

- ◆ Follow the same regime as for anginine tablets
- ◆ When using the spray, have only one squirt of the spray at a time, with 5 minutes between sprays
- ◆ **If there is no relief of symptoms after a total of 3 sprays within 10 minutes.**



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Healthy Living NT
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Treat it as a heart attack, ring an ambulance on 000 or 112 on mobile phone so you can be transported safely & quickly to the hospital

- ◆ When you receive your spray, it is important to prime the line by spraying 5-6 times in the air until the drug can be seen to spray out
- ◆ Each time you use the spray give it several sprays in the air to ensure it is primed and ready to use
- ◆ Take note of the expiry date marked on the bottle (can last up to 12 months)

Tips for managing your angina

- ◆ Don't be afraid to use your Anginine/GTN spray at the slightest hint of angina to prevent a more severe attack
- ◆ 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 contact your doctor ASAP
- ◆ If your angina is now occurring at rest where before you only got angina after exertion, you should also contact your doctor
- ◆ **If at any time your angina is more severe than usual, treat it as a heart attack and call the ambulance on Triple Zero (000). If 000 does not work on your mobile phone try 112**
- ◆ Remember to keep important phone numbers near your phone including the ambulance, your GP and Specialist
- ◆ **If you live in a remote area, know who you are to contact in case of an emergency e.g. community health nurse and keep the numbers with you or near your phone.**
- ◆ Always carry your Anginine/GTN spray with you, never leave it in your car and never let it expire or run out
- ◆ Anginine tablets and GTN spray work in the same way; it is often personal preference or what your GP or Specialist has ordered which determines which medication you use.

Important Phone Numbers

Ambulance 000

If 000 does not work on your mobile phone try 112

GP Name _____ GP Phone _____

Specialist Name _____ Specialist Phone _____

Rural/Remote

Health Care Centre _____

Nearest help _____ their phone _____