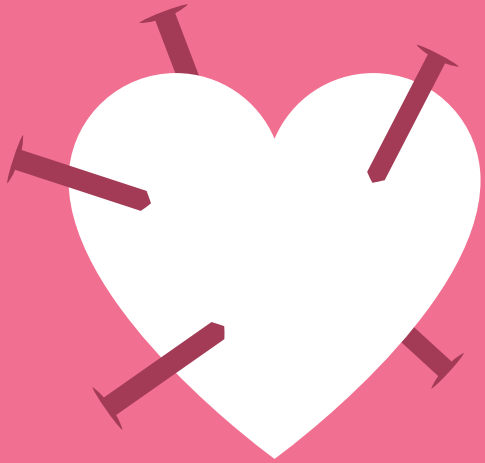


Angina Pectoris



Quick remedies for chest pain

Angina Pectoris

What is angina?

Angina is chest pain arising from the heart muscle when it does not get enough oxygen. The pain may spread to your shoulders, arms, neck or jaw. The immediate treatment to angina is Glyceryl Trinitrate (GTN), which is also known as Nitroglycerin. It opens up the blood vessels of the heart and allows more oxygen to reach the heart muscles.

GTN comes in tablet and spray forms. It is usually prescribed by doctors and can also be bought from a pharmacist without a prescription.

How should GTN tablets be stored?

GTN tablets should be stored in the original container given to you. Make sure the cap is closed tightly. Keep it in a cool and dry place away from light.

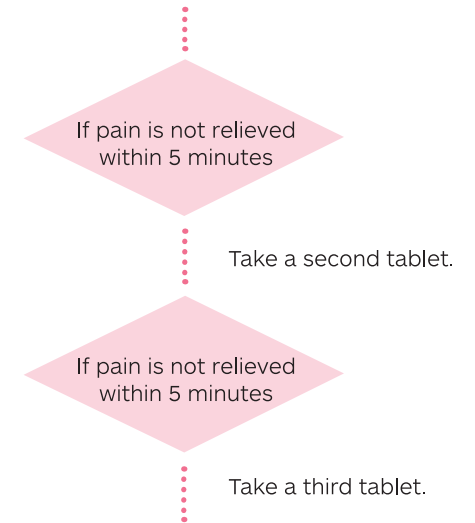
Scan the QR code to find out more about

- Symptoms of an angina attack
- How to use a GTN spray
- Storage and expiry of GTN tablets



How to use GTN tablets? (15-minute rule)

If you experience chest pain (angina), chest ache or discomfort, stop what you are doing, sit down and rest. If the pain does not go away, put 1 GTN tablet under your tongue and wait for 5 minutes.



If you still have chest pain after taking 3 tablets within a 15 minutes period, call 995 for an ambulance. Continue to put 1 GTN tablet under your tongue every 5 minutes while waiting for the ambulance.