

**Church Street Medical  
Centre**

**How do I know if  
I'm having a  
Heart Attack?**



**YOU MAY BE HAVING A HEART ATTACK IF YOU:**

- feel a pressure or crushing pain in your chest, sometimes with sweating, nausea (feeling sick) or vomiting (being sick)
- feel pain that extends from your chest into your jaw, left arm or shoulders
- feel tightness in your chest
- have shortness of breath for more than a couple of seconds
- feel light headed or dizzy
- feel as though you have bad heartburn

**DON'T IGNORE THE PAIN OR DISCOMFORT**

- Stop and rest
- Using GTN (Glyceryl Trinitrate)?  
If pain occurs and you have GTN take a tablet or spray. If the pain is still there after 5 minutes, you can take up to 2 further doses at 5 minute intervals, as long as you do not feel dizzy

**IF THE PAIN IS NO BETTER 15 MINUTES FROM WHEN IT FIRST STARTED DIAL 999 AND CALL AN AMBULANCE.**

**Do not call the doctors surgery as this may delay hospital treatment**

If you do not have GTN and the pain continues for 15 minutes **DIAL 999 AND CALL AN AMBULANCE.**

**WHILST WAITING FOR THE AMBULANCE**

While you are waiting for the ambulance to arrive:

Take 300mg Aspirin (1 x 300mg tablet or 4 x 75mg tablets). Don't take Aspirin if you are allergic to Aspirin or if you are taking Warfarin.

This will not take the pain away but will help to stop your blood clotting as quickly while you are on the way to hospital

