

# Care of Chest Pain

If you have a history of chest pain (angina) and have been prescribed medication for it, follow these instructions.

**Nitroglycerin tablets:** Administer to yourself by placing one tablet under your tongue and allowing it to dissolve.

**Nitroglycerin spray:** Administer to yourself as directed.

1. At the onset of the chest pain, take one dose of your nitroglycerin.
2. If the pain does not resolve, take a second dose of the medication after 5 minutes.
3. If the pain has still not resolved, take a third and final dose of the medication after another 5 minutes.
4. Do not exceed three doses. If the pain does not resolve after the third dose, call for an ambulance and proceed to the hospital without delay. Do not attempt to drive yourself. Inform the paramedics that you have taken your nitroglycerin, and the number of doses you have had. Try to remember the time that the pain began and tell them this.

**If the pain is unusual in any way from what you normally experience, or is accompanied by nausea, dizziness, or pain in your arm, neck, or shoulder do not delay in calling for an ambulance.**