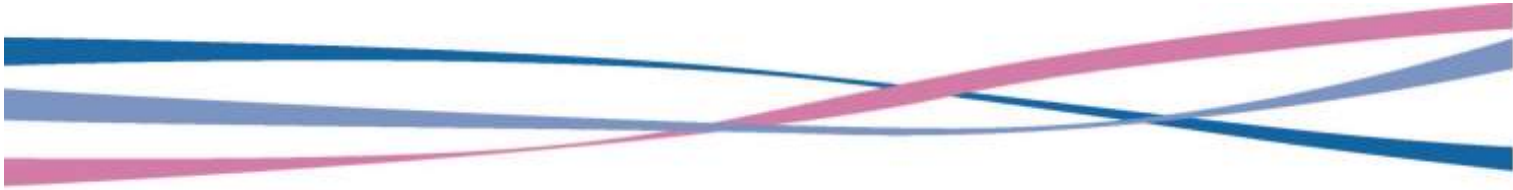


# Use of Glyceryl Trinitrate (GTN) protocol

Important information for patients



## What to do if you experience chest pain while exercising

1. Stop what you are doing and sit down.
2. Spray one or two puffs underneath your tongue. Close your mouth and wait five minutes.
3. If the pain has gone away, rest for a further few minutes **before continuing to exercise.**
4. If the pain has not gone away, repeat another one or two puffs underneath your tongue. Close your mouth and again wait a further five minutes.
5. **If the pain still hasn't gone away, call 999.**

This information is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 612440.