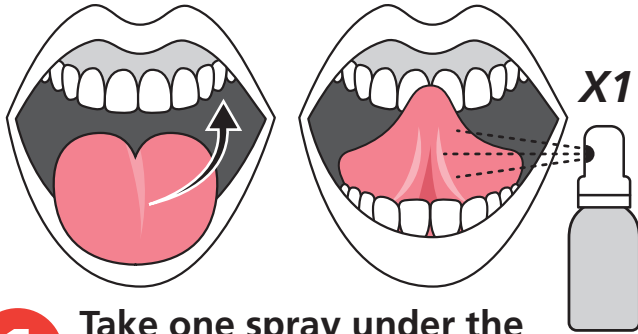


GTN Advice “10 Minute Rule”

If you get chest pain sit down or find something to hold onto before you administer the spray, as you may become lightheaded.



1 Take one spray under the tongue, wait 5 minutes

If not effective

2 Repeat the dose and wait a further 5 minutes.

If not effective

3 Call an emergency ambulance and take a 3rd dose of the spray



Bradford Teaching Hospitals
NHS Foundation Trust



Cardiac **Rehabilitation**

After discharge from hospital:

Within three working days of your discharge you will be contacted by one of the community cardiac rehab nurses.

If you do not hear by day three, please contact the Rehab Office on: 01274 364565.

You will be offered an individual risk factor assessment and where appropriate, help you make lifestyle changes.

You will also be offered the choice to participate in a supervised exercise program. This will be part of your recovery process, giving you opportunity to meet others who have had a similar experience. You will gain information about health issues and have the chance to discuss any health related issues.

Please contact a nurse if you require any further Information about the cardiac rehabilitation service.

Cardiac Rehabilitation is a Monday to Friday service. We do not work Weekends or Bank Holidays.

Cardiac Rehabilitation nurse:

Bradford Hospital Trust

Tel: 01274 364565

Community based Cardiac Rehabilitation nurse:

Bradford City

Tel: 01274 383718

Bradford South & West

Tel: 01274 277517