

# Location



**A**

Linkway @ Level 1  
Via MRT station  
(Exit A)

**B**

Linkway @ Level 1

**C**

Linkway @ Level 4

Drop off only

Bus Stop

Carpark

Taxi Stand / Drop off

Kent Ridge MRT  
Station @ Level 1



5 Lower Kent Ridge Road, Singapore 119074  
 Tel: (65) 6779 5555 Fax: (65) 6779 5678 Website: www.nuh.com.sg  
 Company Registration Number: 198500843R

## Contact Information

### National University Heart Centre, Singapore

1 Main Building of NUH

Opening Hours: 8.30 am - 5.30 pm

(Monday - Friday)

Closed on Weekend

& Public Holidays

Website: [www.nuhcs.com.sg](http://www.nuhcs.com.sg)

## Getting to NUH

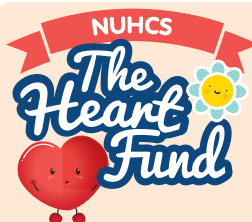
### Circle Line Kent Ridge MRT Station

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.

**Exit A:** Right at the doorstep of National University Heart Centre, Singapore.

**Exit B:** Along South Buona Vista Road, which links to Singapore Science Park 1.

**Exit C:** Leads to NUH Medical Centre.



Every day, we save lives by providing financial relief to needy patients, funding groundbreaking research and giving training to our medical specialists. This is why the support we receive is essential.

**Make a donation and help us continue the fight for every heartbeat!**

To make an online donation, log on to <http://www.nuhcs.com.sg/make-a-gift.html>

# National University Heart Centre, Singapore

A member of the NUHS

# DISCHARGE ADVICE ON MANAGING CHEST PAIN



## View patient education videos on NUHCS YouTube page!

STEP 01



Download a FREE QR Reader on your smartphone and scan the QR code.

STEP 02



The QR code will decode instantly. You'll be brought to [www.youtube.com/user/NUHCS](http://www.youtube.com/user/NUHCS)



Scan the QR code

## Cause of chest pain

In some people, the coronary arteries become narrowed, usually by a process called atherosclerosis in which cholesterol and other substances are deposited in the arterial wall. With progressive narrowing, the blood supply to the heart muscle gradually decreases, and eventually becomes insufficient to supply the needs of the heart muscles.

This usually results in chest pain during exertion or stress, but may also manifest as breathlessness, irregular heart rhythm or fatigue. When a blood vessel suddenly becomes obstructed completely, a full-blown heart attack occurs.



## Action to be taken when having chest pain

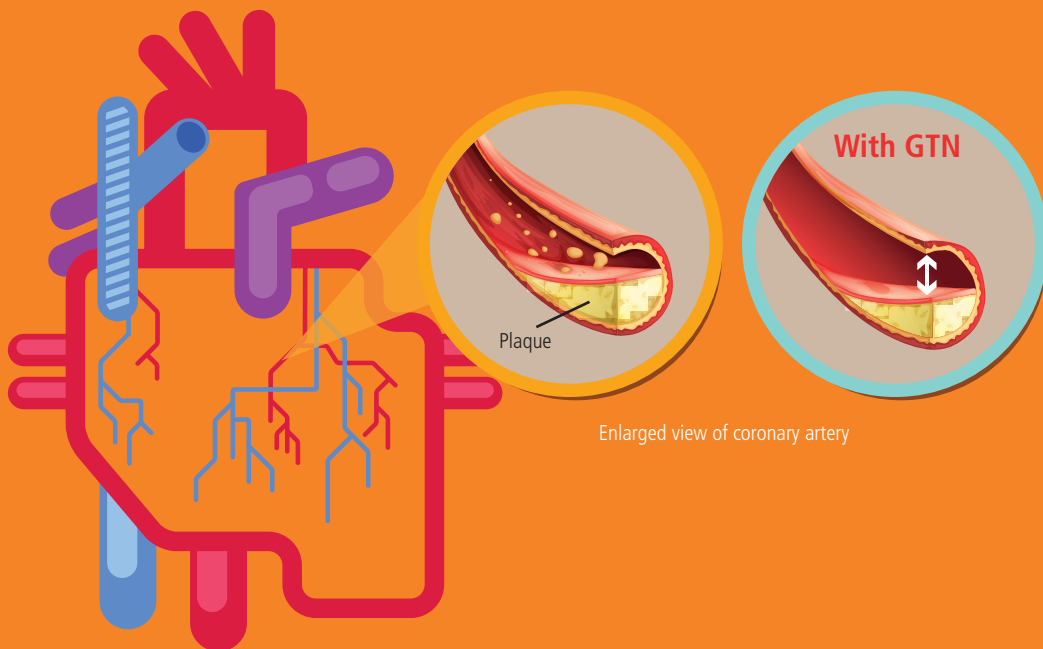
- 1 Stop what you are doing, sit down and use GTN immediately.
- 2 Place 1 GTN tablet/spray under your tongue and wait for 5 minutes.
- 3 If pain persists after 5 minutes, place another GTN tablet/spray under your tongue. Call 995 for ambulance.
- 4 You may continue to take 1 GTN tablet/spray every 5 minutes to relieve the attack while waiting for the ambulance. Stop taking if you experience severe dizziness.



If your pain gets severe at any stage, or if you feel unwell (e.g. dizzy, breathlessness, sweaty), call 995 immediately

## What is Glycerol Trinitrate (GTN)?

GTN comes in tablet or spray form. It relaxes and helps to widen the blood vessels in the heart and the rest of the body.



## Tips on using your GTN

- Carry your GTN at all times.
- Sit down before using, as dizziness and headache may be experienced.
- FOR GTN SPRAY:
  - Spray under your tongue. Do not inhale the spray.
  - The expiry date of GTN spray is as stated on the spray. It does not change after opening.
  - If the spray has not been used before or has not been used for a long time, check its expiry date. Spray it in the air for a few times before using it.
- FOR GTN TABLET:
  - Place tablet under the tongue. Do not chew, suck or swallow the tablet.
  - Store in original bottle. Keep lid tightly closed.
  - GTN tablet will expire 2 months after opening the bottle. Write the date of opening on the bottle.
  - Keep the tablets in a cool dry place.