

## **PATIENT INFORMATION – CHEST PAIN**

On examination today, we don't think you need to come into hospital.

### **What may have caused the chest pain**

The most common causes of chest pain include:

- heartburn and reflux of stomach acid
- anxiety
- a pulled muscle
- chest wall pain

### **If you suffer from chest pain again - When to get help**

Pain in your chest could be heart pain if:

- Your chest pain is triggered by physical activity and relieved by rest
- Your chest pain feels heavy, pressing or tight
- You have other symptoms, such as breathlessness, nausea, sweating or pain that spreads to your arm, jaw, neck or back
- You have a risk factor for heart disease.

If your chest pain is triggered by physical activity but passes after a few minutes after you stop exercising, it may be angina.

Angina is caused by restricted blood flow to the heart. This is because one or more of the arteries supplying blood to the heart muscle has narrowed. It causes pain because the heart does not get enough oxygen.

If you have the symptoms above but the pain lasts for more than 15-20 minutes, you could be having a heart attack. A heart attack can feel as if your chest is being pressed or squeezed by a heavy object.

**If you think you could be having a heart attack, call 999 immediately and ask for an ambulance. Stay resting.**

## CHEST PAIN CONT.

### Further Advice/Instructions

Please use this section to give the patient specific information e.g. follow up appointments or after care advice.



If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the choose well website at

[www.choosewellwales.org.uk](http://www.choosewellwales.org.uk)

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact

[ppi.team@wales.nhs.uk](mailto:ppi.team@wales.nhs.uk)

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47

[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)