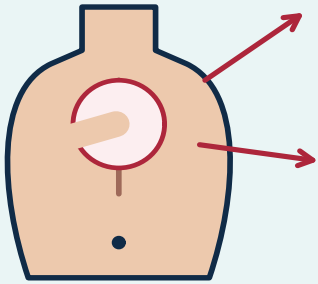
# Chest pain

Recognise an emergency and act promptly



Pressure, burning or tightness

May spread to arm, neck, jaw or back

## Call 112 for suspected heart attack

Sudden chest pressure, tightness, burning or discomfort that does not settle needs emergency help, especially if it spreads to an arm, neck, jaw, back or stomach.

Chest pain with sweating, nausea, breathlessness or light-headedness is also an emergency.

# While the ambulance comes




Tell the operator

Exact location
What has happened
Whether breathing is normal

*Call first. Rest. Stay with the person.*

## Stop and rest

Sit in a comfortable supported position. Do not walk around or drive yourself. Ask someone to stay with you.

Use speakerphone and follow the 112 operator. Give your exact location and arrange access if safe.

## Medicines: follow safe advice

For a suspected heart attack in an adult, the operator may advise chewing 300 mg aspirin. Tell them about aspirin allergy, bleeding or any instruction not to take aspirin.

If you have your own prescribed GTN for angina, use it as instructed. Do not use someone else's medicine or delay the emergency call.

## Keep watching

If the person becomes unresponsive and is not breathing normally, begin CPR and use an AED if available. Follow the 112 operator.

# Do not self-diagnose

## A heart attack can feel different

Not everyone has severe central chest pain. Breathlessness, nausea, sweating, jaw or back pain may be prominent.

Do not assume symptoms are indigestion or anxiety, or wait for them to become severe before seeking help.

## Pain that goes away still needs review

Arrange medical advice for unexplained pain that comes and goes or has resolved. Recurrence with emergency symptoms means call 112.

An examination and tests may be needed to identify the cause. This booklet cannot rule out a serious problem.

## Tell the emergency team

Describe when symptoms began, what they felt like, where they spread, and which medicines you have taken.

**Symptoms began at**

**Medicines / allergies**

**Known conditions / emergency contact**

# Your clinic and care plan

**Healthway Medical Centre**
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Saturday / public holidays 09:00-14:00
**Sundays closed, including public holidays.**

**For emergencies, call 112. Do not wait for an email or clinic reply.**

**Follow-up after assessment**

**Advice given by the treating team**

## Guidance and further reading

NHS: Chest pain

NHS: Heart attack

Approved for publication 30 October 2026. Original illustrations; general information, not an individual diagnosis. Follow advice from your treating team.