



A guide to...

Chest pain - discharge advice

Patient Information

You have been discharged from the Emergency Department or Ambulatory Care, as the emergency medicine team have ruled out any immediate emergencies.

During your visit to the department, you may have had investigations including physical examination, ECG (electrocardiogram, heart tracing), blood tests and X-rays in order to determine the cause of the pain.

- An ECG is a test carried out to look for evidence of conditions that might cause your chest pain
- Blood tests look for evidence of heart muscle damage, infection or other causes.

Your history, examination and test results have been reassuring.

What happens next?

You are now advised to book an appointment with your GP. If the doctors have not found an exact cause, your GP may investigate this further as there are multiple, often non-serious causes of chest pain.

We recommend you monitor your symptoms for the next 3-4 weeks and should the chest pain persist, worsen or new symptoms develop that cause you concern, please seek further medical attention immediately by calling 111 or your GP for further assessment and referral to the chest pain clinic if appropriate.

If you have been prescribed or advised to take any medication, please take this as advised by your doctor. Do not exceed the stated dose.

In the future

There are certain things you can do at home to prevent future events of chest pain. Your GP can support you with advice on healthy eating, reduction of smoking, frequent exercise and maintaining good mental health.

For more information follow the QR code, web address or ask a member of staff. If you have any questions, please do not hesitate to ask.

(QR code accessed via Smartphone camera)



or: <https://www.nhs.uk/conditions/chest-pain/>

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If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals@nhs.uk**



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