What causes chest pain?
There are many possible causes of pains in the chest, including inflammation around the ribs (costochondritis), pain from the muscles of the chest wall, indigestion, pain from the lungs and pain from the heart (angina). Angina is often described as a pain in the centre of the chest that feels heavy or squeezing and may spread to the arms or jaw. It is often provoked by exercise and eased by rest.

Why was I admitted to the observation ward?
The aim of the admission was to run a series of blood tests to see if there is any evidence of damage to your heart. We also evaluated your clinical symptoms (description of the pain), heart tracing (ECG) and your risk factors. Risk factors for heart disease include smoking, high cholesterol, family history of heart disease, high blood pressure, diabetes and obesity.

What are the results of my tests?
- The blood tests were normal – there is no sign of any damage to your heart
- Your overall assessment indicates that you are at risk of having angina. We have referred you to Cardiology Outpatients for further assessment. You should start taking aspirin as a precaution until you are seen in clinic. Please arrange to see your GP within two working days as you will need a further prescription and your GP may need to carry out screening tests while you wait for your Cardiology appointment.
What should I do if I have further chest pains?

If the pain comes back, take one to two puffs of the GTN spray under your tongue. This should make the pain better within 15 minutes.

You should return to the Emergency Department if any of the following occur:

- Pain is not relieved within 15 minutes
- Frequent attacks of pain, particularly if occurring at rest
- Pain is severe and/or you feel very unwell.

If the pain is severe, or you feel very unwell, you can also call 999 for an ambulance.

If you have any concerns or queries regarding your condition or treatment, you can contact:

Your own GP

NHS 111 (urgent and emergency advice) 111

GP out of hours 0207 511 8880 (18:00 – 09:00 hours)

Emergency Department 0207 363 6303

Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) on 020 3594 2040 or visit www.bartshealth.nhs.uk/pals

Alternatively please contact staff who are providing your care if you require clinical advice.

Large print and other languages

For this leaflet in large print, please ring 020 3594 2040 or 020 3594 2050.
For help interpreting this leaflet in other languages, please ring 020 8223 8934.