



SAFE & RAPID CHEST PAIN MANAGEMENT

Information for low-risk chest pain patients



YOUR CHEST PAIN



Chest pain is very common and can be caused by a number of reasons, many of which are not serious. For more information on chest pain visit: www.nhs.uk/conditions/chest-pain or use the QR code.

WHAT TESTS HAVE WE DONE?

- A blood test, called **troponin**, to check whether there are any signs of heart muscle damage in your blood.

In your case, we have not detected any signs of heart muscle damage. This means it is very unlikely that you have had a heart attack.

- A heart trace (ECG) to check the activity of the heart and to check that the heart is getting enough oxygen.

In your case your heart trace is normal.

WHAT HAPPENS NOW?

We think it is safe for you to go home.

If you have chest pain again that worries you or if any of your symptoms return or change, then call 999 or come back to the emergency department.

Following your visit, it is important to stay healthy to help your recovery. This includes stopping smoking if you smoke, reducing the amount of alcohol you drink, exercising and eating healthily. Your GP can help you with this.

YOUR PERSONAL RISK

The chance that you have had a heart attack is **very low at less than 1%:**

For every 100 people like you, who come into the emergency department with chest pain, it has been found that, after normal troponin blood tests and heart tracings, 99 people will not have had a heart attack. Therefore, **we do not think that you have had a heart attack today**, although we cannot rule out the possibility of heart complications in the future.

FURTHER INFORMATION:



NHS Choices website on chest pain: www.nhs.uk/conditions/chest-pain



British Heart Foundation website for information about heart attacks and symptoms: www.bhf.org.uk/information-support/conditions/heart-attack/symptoms-of-a-heart-attack

