

Your angina diary

Department of Cardiac Rehabilitation

Information for Patients

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Introduction

This leaflet has been given to you by your Cardiac Rehabilitation Specialist professional to help manage and record your symptoms following your diagnosis or recent event.

Keeping an angina diary

Keeping a record of your angina attacks can help you see changes in the pattern and presentation of your angina. The diary can also help you identify what triggers your angina and help decide what treatment you might need.

Fill in both parts of the diary (page 2 and 3) each time you experience angina.

Important information

1. If you think that you are having an angina attack, take 1 to 2 sprays of your glyceryl trinitrate (GTN) and wait 3 to 5 minutes.

If no relief, take your GTN again and wait another 3 to 5 minutes.

If you still have any pain or discomfort dial 999.

2. If your angina is relieved **completely** by GTN but you are having angina more often **speak to your GP.**

3. If your angina happens at rest, go back to the first step. Even if your angina is relieved by GTN **speak to your GP.**

If you still have any pain or discomfort dial 999.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

