

Follow up after a heart attack (NSTEMI/STEMI) and angioplasty

Department of Cardiac Rehabilitation

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Information for Patients

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What is a NSTEMI / STEMI?

NSTEMI is a type of heart attack where some blood supply to the heart is lost. It causes damage to the heart muscle. It stands for Non-ST segment elevation myocardial infarction.

STEMI is a type of heart attack where some blood supply to the heart is lost, causing damage. It stands for ST segment elevation myocardial infarction.

How are they diagnosed?

NSTEMI is diagnosed with blood tests and symptoms, even if the ECG (heart test) looks normal. STEMI is diagnosed with blood tests and changes in the ECG (heart test).

How are they treated?

A procedure called an angioplasty/ percutaneous coronary intervention (PCI). It is used to open narrow or blocked arteries. A special balloon is used to open the artery. A short wire mesh tube (stent) may also be inserted to keep the artery open. The stent is left in place to let blood flow more freely.

After a successful procedure, the Cardiac Rehabilitation and Chest Pain Centre will follow you up.

What other treatments will I need?

After your procedure, you will take blood thinner medicines. This is called dual antiplatelet therapy (DAPT). **You must take them as directed.** Nurses will tell you when and how long to take them.

Please **do not** stop taking any medications before talking to the Cardiology Team first.

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

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

Fasting blood test: 4 weeks after leaving hospital

You need to have a **fasting cholesterol and other bloods test**. You may wish to attend clinic in the morning and fast overnight. If so please do not eat after midnight before the test in the morning. You can drink water during this time.

Take the blood form enclosed with this leaflet to the Phlebotomy Department at either:

Glenfield Hospital

Leicester General Hospital

Leicester Royal Infirmary

They are open **9am to 4.30 pm** Monday to Friday. You do not need to book.

Or if your GP is in Leicestershire you can book an appointment at your GP practice. **Take the enclosed form with you.**

Your blood results will be reviewed during your follow up appointment. This takes place about 6 to 8 weeks after discharge. It is at the Chest Pain Centre, Glenfield Hospital.

Follow-up appointments

- The Cardiac Rehabilitation Team will call you about 5 working days after leaving hospital.
- You need to have bloods taken 4 weeks after leaving hospital. Go to the nearest hospital site or book in with your GP. Take the form with you.
- You will have an **in-person clinic** appointment 6 to 8 weeks after leaving hospital. This is at the Chest Pain Clinic, Glenfield Hospital.
- If you need a further follow up, an appointment over a phone call will be arranged.

Contact details

For non-urgent problems or questions call the Cardiac Rehabilitation Team on **0116 258 3986** (Monday to Friday, 9am to 4pm)

Please note: This is not an emergency number. For urgent help call 111 or 999.

Results from your blood tests: your risk factor targets

	LDL	Triglycerides	BMI	HbA1c
Target	Less than 1.4	Less than 1.7	25 or below	Less than 5.9
Baseline reading				
Chest Pain Clinic Review				
Additional review				

Checking my blood pressure

If you have a blood pressure monitor at home, it is useful to check your blood pressure and heart rate once a day. Keep a note of your readings. Use the table on page 4. We will review them at your appointment with the Chest Pain Centre.

How to get a correct blood pressure reading?

- Make sure you do not need to use the toilet.
- Do not take a reading after a big meal.
- Do not measure your blood pressure within 30 minutes of:
 - drinking caffeine or smoking
 - taking your tablets
 - exercise
 - drinking alcohol
- Measure your blood pressure in both arms. They will give slightly different readings. From then on, use the arm that gave you the higher reading each time.
- Before you take your readings, sit down in a quiet place. Rest for a few minutes

How to take your blood pressure?

1. Put the cuff on. See the instructions that come with your monitor.
2. Make sure you are relaxed and comfortable in a supportive chair. Your feet should be flat on the floor.
3. Your arm should be supported at the same level as your heart, palm up. The cuff needs to fit correctly around your bare arm.
4. When taking your reading, keep still and silent. Moving and talking can affect your reading.
5. Take 2 or 3 readings, about 2 minutes apart.
6. Record your readings. You can use the memory of your monitor or this booklet (page 4).

Do not worry if you get an unexpected high reading. A one-off high reading is usually nothing to worry about. Rest for 5 minutes and take the reading again.

If it's still high, measure your blood pressure again another day.

If it stays high for around 2 or 3 weeks, see your GP.

For more information please see: www.bloodpressureuk.org

