

Location



A

Linkway @ Level 1
Via MRT station
(Exit A)

B

Linkway @ Level 1

C

Linkway @ Level 4

Drop off only

Bus Stop

Carpark

Taxi Stand / Drop off

Kent Ridge MRT
Station @ Level 1



5 Lower Kent Ridge Road, Singapore 119074
Tel: (65) 6779 5555 Fax: (65) 6779 5678 Website: www.nuh.com.sg
Company Registration Number: 198500843R

Contact Information

National University Heart Centre, Singapore

1 Main Building of NUH

Opening Hours: 8.30 am - 5.30 pm

(Monday - Friday)

Closed on Weekend

& Public Holidays

Website: www.nuhcs.com.sg

Getting to NUH

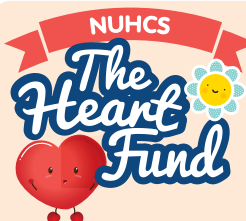
Circle Line Kent Ridge MRT Station

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.

Exit A: Right at the doorstep of National University Heart Centre, Singapore.

Exit B: Along South Buona Vista Road, which links to Singapore Science Park 1.

Exit C: Leads to NUH Medical Centre.



Every day, we save lives by providing financial relief to needy patients, funding groundbreaking research and giving training to our medical specialists. This is why the support we receive is essential.

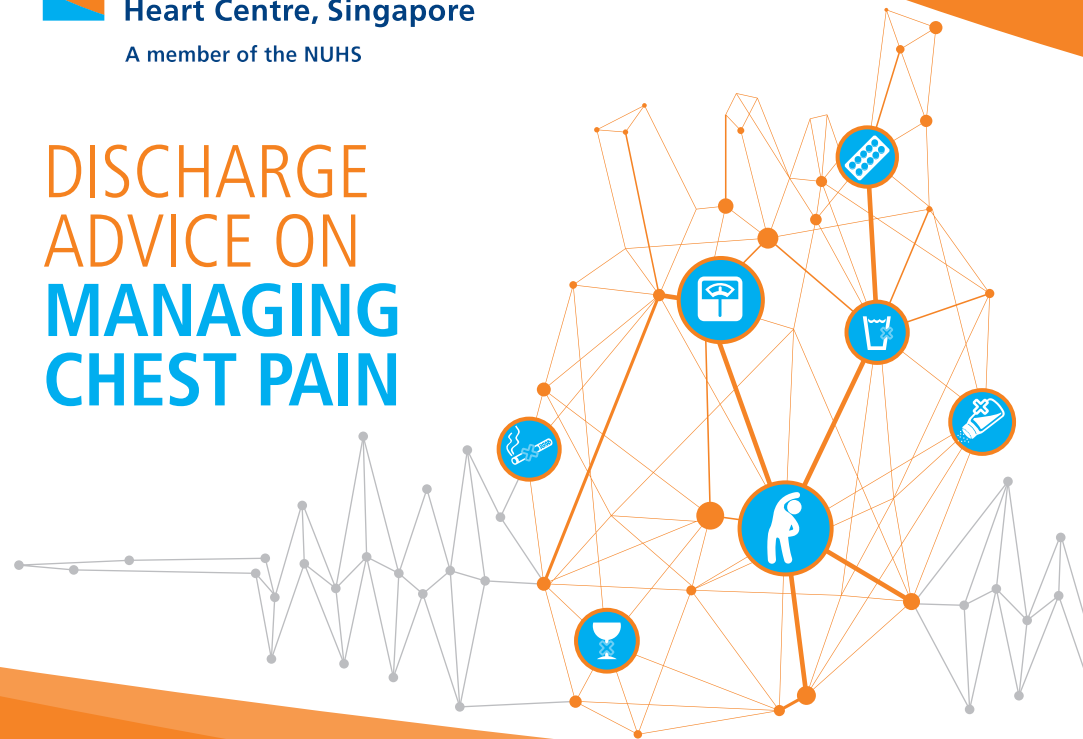
Make a donation and help us continue the fight for every heartbeat!

To make an online donation, log on to <http://www.nuhcs.com.sg/make-a-gift.html>

National University Heart Centre, Singapore

A member of the NUHS

DISCHARGE ADVICE ON MANAGING CHEST PAIN



View patient education videos on NUHCS YouTube page!

STEP 01



Download a FREE QR Reader on your smartphone and scan the QR code.

STEP 02



The QR code will decode instantly. You'll be brought to www.youtube.com/user/NUHCS

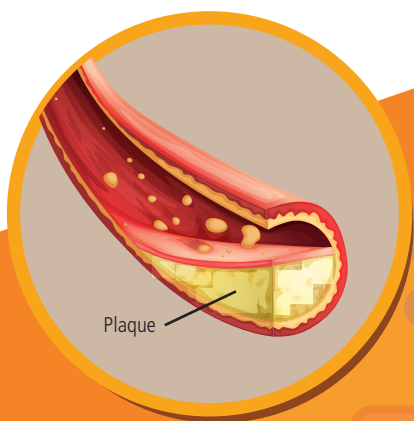


Scan the QR code

Cause of chest pain

In some people, the coronary arteries become narrowed, usually by a process called atherosclerosis in which cholesterol and other substances are deposited in the arterial wall. With progressive narrowing, the blood supply to the heart muscle gradually decreases, and eventually becomes insufficient to supply the needs of the heart muscles.

This usually results in chest pain during exertion or stress, but may also manifest as breathlessness, irregular heart rhythm or fatigue. When a blood vessel suddenly becomes obstructed completely, a full-blown heart attack occurs.



Enlarged view of coronary artery



Action to be taken when having chest pain while in hospital

- Inform the nurse immediately.
- Use of pain score to describe the chest pain.
- Rest in bed.
- Inform the nurse if pain is not relieved by sublingual nitroglycerin or glyceryl trinitrate (S/L GTN). S/L GTN is a medication placed under the tongue and used as an anti-anginal agent for relief of chest pain.

Action to be taken when having chest pain at home

- Take 1 tab of S/L GTN.
- If there is no relief after 5 minutes, you can take another tab.
- You are only allowed to take a maximum of 3 tabs within 15 minutes.
- If there is still persistent chest pain, please go to the Accident & Emergency (A&E) department of the nearest hospital.

Home care advice



The type of diet to follow:

- Low salt
- Low cholesterol



Compliance to prescribed medication.