

## **Rapid Access Chest Pain Clinic**

A guide for patients

- You will be appointed within 7 days of referral at a hospital within Greater Glasgow and Clyde
- If you are unable to attend offered appointments you will be asked to return to your GP.

Telephone:  
0141 232 1021

The information contained in this leaflet is general information. Individual information will be given when you visit hospital

**Depending on which hospital you attend you will be seen by either a Senior Nurse or Consultant doctor.**

### **What is a Nurse Led Clinic?**

This means that you will be coming to hospital to see a senior Charge Nurse instead of a doctor. The Nurse has many years experience of working in Cardiology and will be working under the guidance of a Doctor.

### **Why are you here?**

Your Doctor has arranged for you to visit the hospital because you have been having chest pain.

### **What will happen?**

During your visit you will be asked some questions and examined, you may have your blood taken and you may be asked to have an exercise test. We have explained what this is in another part of the leaflet. Your visit may last for 2 hours or longer as an explanation of the results will be given to you before you leave. If you are taking any medicines bring them along with you in their boxes. If you have a repeat prescription could you also bring along a copy.

- **What is an exercise test?**
- An exercise test sometimes called an exercise ECG or stress test is an ECG (a heart tracing) recorded by a special computerised machine whilst you are exercising.
- **Why is it done?**
- It will provide your Nurse and Doctor with certain important information about how your heart functions during physical activity.
- **How is it done?**

- Just as when you had your basic ECG recorded, you will be asked to undress to the waist (but keeping your underwear on) and the technician will put electrodes on your chest. Usually the skin is rubbed to ensure a good contact with the electrodes. The technician will make some recordings before the exercise is started. It starts off as a gentle walk and will gradually increase in speed and slope over time. You will not be running on the treadmill. Overall the test takes on average thirty minutes but you will only be exercising for as long as you are able or 12 minutes maximum. Do not have a heavy meal prior to your appointment however you do not need to fast before your exercise test. Please wear loose fitting clothing and a pair of flat shoes

### **Before you leave**

The results of the test will be available at the time of the examination and the Nurse or Doctor will explain the results before you go. If you need to start taking any new medicine or need any other tests a letter for your doctor will be given and further appointments organised.

A copy of all the results will be sent to your GP.