

Department of
NURSING

Advice for Heart Attack Patients



If You Have Been Diagnosed With a Heart Attack:

What Should You Take Note of?

During your stay, you would have been educated on recognising the signs and symptoms of a heart attack.

Some examples of these signs and symptoms include:

- Chest pain
- Shortness of breath
- Cold sweat

If these symptoms occur, please call 995 for an ambulance immediately.

Please bring along all your regular medications, copy of your recent electrocardiogram (ECG), discharge summary and/or CD recording of angiogram given to you.

What are Some Lifestyle Changes You Should Make?

You may be able to control how much your angina (chest pain) bothers you by making changes to your lifestyle.

You may find it helpful to note the following:

1. Medications

- Take all medications as instructed by your healthcare professionals

2. Diet

- Eat balanced and nutritious meals
- Choose foods that are high in fibre, such as whole grain food, vegetables, fruits and beans
- Avoid foods which are high in saturated and trans fat, such as deep-fried food, pastries and cakes
- Limit cholesterol-rich foods such as organ meat (offal), shellfish and eggs
- Limit the amount of salt in your diet
- Limit the amount of alcohol intake – the recommended amount is less than 2 drinks a day for men and less than 1 drink a day for women

3. Activities

- Over the next 2 weeks: Activities should increase gradually from light to moderate
- Stop activity if you experience chest pain, cold sweat or increasing shortness of breath
- Avoid heavy lifting (more than or equivalent to 5 kg) that causes discomfort or pain in the chest
- Follow the exercises / activity programmes as recommended by your healthcare professionals

4. Others

- Do not smoke
- Reduce stress
- Avoid extreme cold or hot environments
- Drivers must refrain from driving for at least one month after a heart attack
- Remember to attend your follow-up cardiac appointments