

NITROGLYCERIN

(Tablets or Spray)

Nitroglycerin is used to relieve chest pain (angina) that you may experience as a result of blockages in your heart arteries.

How & when to take nitroglycerin

1. If you have chest pain or discomfort that you think is due to your heart, **STOP** whatever you are doing and sit or lie down.
2. Place one tablet or give 1 spray **UNDER** the tongue, and leave it there. **DO NOT** chew or swallow the tablet, or inhale or swallow the spray. If the pain or discomfort is **NOT** relieved after 5 minutes, repeat the dose. If the pain or discomfort continues after 2 doses (10 minutes), use a third dose and **IMMEDIATELY** call your local emergency number to take you to the nearest hospital (DO NOT drive yourself and DO NOT delay).
3. Carry a supply of nitroglycerin with you **AT ALL TIMES**. Make sure a family member knows where the nitroglycerin is stored. If you forget or lose your nitroglycerin, it can be purchased at any pharmacy without a prescription.
4. You may experience a headache or dizziness after taking your nitroglycerin. This is a common side effect and will only last for a short time.
5. Do not store nitroglycerin in your car or in another place that may get very hot or very cold. Nitroglycerin will not work if it has gotten too hot or too cold.
- 6 **SPECIAL** instructions for nitroglycerin **TABLET**
 - Keep the tablets in the original small brown glass bottle & keep the lid closed tightly. When you first get a new bottle, remove the seal and cotton so the tablets will be ready to use
 - Store the tablets in a cool dry place, **NOT** in the bathroom medicine cabinet or on top of the refrigerator
 - When away from home, carry a small number of tablets in a brown glass bottle in your pocket or purse (only use bottles made for carrying nitroglycerin tablets)
 - When you use a nitroglycerin tablet, place the tablet under your tongue. **DO NOT** swallow the tablet, or it will not work
 - If you have moved some tablets to a different container, replace these tablets after 3 months. Only use bottles specially made for storing nitroglycerin. A tingling or burning sensation does **NOT** mean that the tablet is working



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7. **SPECIAL** instructions for nitroglycerin **SPRAY**

- Make sure you 'prime' the spray by spraying into the air as directed when you purchase it or when it has not been used for several days or more
- Do not shake the canister before using or you may not get a full dose
- **DO NOT** inhale or swallow the spray, or it will not work
- Most people find nitroglycerin spray easier to use than tablets. However, people who have trouble pushing the button on the spray bottle may prefer to use tablets

8. **DO NOT** take sildenafil (Viagra® or Revatio®), vardenafil (Levitra®), or tadalafil (Cialis® or Adcirca®) without talking to your healthcare provider first. **DO NOT** use nitroglycerin (tablet, spray or patch) for 24 hours after taking sildenafil or vardenafil and do not use nitroglycerin for 48 hours after taking tadalafil. Talk to your pharmacist or other healthcare provider for more information.

Exercise and nitroglycerin use

1. If you are going to do an activity that you think may cause chest pain (such as climbing stairs), discuss with your doctor or pharmacist if you should use your nitroglycerin 5-10 minutes before you do the activity.
2. If you have any symptoms such as chest pain with exercise:
 - Stop your activity
 - Sit or lie down
 - Take nitroglycerin spray/tablet as directed
3. If your symptoms are relieved by two or fewer nitroglycerin doses you may still do your exercise (example walking) the next day, but decrease your time and effort of walking to prevent your symptoms from happening again.
4. If you continue to have symptoms with exercise, stop and call your family doctor or nurse practitioner.

NOTE: This information is not intended to cover all possible uses, precautions, interactions, or adverse effects for this medication. Please talk to your hospital or community pharmacist for more information or if you have any questions.



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