

# Nitroglycerin Sublingual Spray And Tablets

## PHARMACY INFO SHEET

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### WHAT IT DOES:

Nitroglycerin sublingually (under the tongue) is used to treat the chest pain due to angina. This product also reduces blood pressure.

### HOW IT WORKS:

It works by relaxing blood vessels and increasing the supply of blood and oxygen to the heart while reducing its workload.

### HOW TO TAKE IT:

Sit or lie down to take your nitroglycerin. If you are driving, pull over and park the car. Taking nitroglycerin can lower your blood pressure, which sometimes may cause you to pass out, especially if you are standing up.

For sudden episodes of angina, use nitroglycerin in a tablet or liquid spray form.

The tablet should be placed under your tongue and left until it dissolves. If you accidentally swallow the tablet, take another. The medicine won't work if it is swallowed. Do not eat, drink or chew tobacco while the tablet is dissolving.

To use the spray, lift your tongue and depress the spray canister button once. Do not shake the canister. Take 1 tablet or spray dose. If after 5 minutes the chest pain is not better or gets worse, call 911 or other emergency services immediately.

After calling 911, continue to stay on the phone with the emergency operator; he or she will give you further instructions.

If you have frequent angina, your doctor may recommend taking an additional dose of nitroglycerin; some doctors recommend a total of 2 or 3 doses (1 every 5 minutes) before calling 911.

Always carry your nitroglycerin with you and make sure it has not expired. The expiry date for the spray is on the bottom of the bottle; for the tablets it is on the side. If you have not used the spray in the last 6 weeks, waste 1 dose to prime the pump.

### POSSIBLE SIDE EFFECTS:

Headache is a common side effect. If the headache persists for several hours it can be treated with acetaminophen. Other side effects include flushing, dizziness, weakness or rapid heart beat. Get up slowly from a lying or sitting position to decrease the chance of dizziness.



Use the space below to write down why you are taking this medication.

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