

# Nitroglycerin

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## What it does:

Nitroglycerin patches are used to prevent and reduce the number of attacks of chest pain (angina). This product also reduces blood pressure. In most cases, the nitroglycerin patch will not relieve an attack that has already started because they work too slowly. Check with your doctor if you need a fast-acting medicine to relieve the pain of an angina attack.

## 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:

If you are using a nitroglycerin patch, wash your hands and the application site with soap and water. Ensure the area is completely dry before application. Remove the patch from its package and peel off the protective backing. Do not touch the adhesive side of the patch. Apply the patch to the clean, dry application site. Press firmly in place for 10 to 15 seconds. The patch is designed to slowly deliver a constant amount of drug to the bloodstream.

Apply the patch at the same time each day (if prescribed daily). Apply the patch to a hairless, smooth area of the body. Do not apply over cuts, abrasions, calluses or scars. Rotating application sites to different areas will help prevent skin irritation. Do not cut the patches unless directed by your doctor or pharmacist.

## What to do if you miss a dose:

If you miss a dose, take the missed dose as soon as you remember. If the next regularly scheduled dose is due within 6 hours of the missed dose, omit the missed dose and resume your regular dosing schedule. **DO NOT DOUBLE YOUR DOSE OR TRY TO “CATCH UP” BY TAKING EXTRA DOSES.**

## Possible side effects:

Initially, you may experience headache, flushing, dizziness, weakness or rapid heartbeat. However, these side effects should become less over time and disappear after a few weeks of continuous use. Getting up slowly from a lying or sitting position may help to minimize any dizziness or light-headedness. Contact your doctor if any of the side effects listed persist or become severe or intolerable. Contact your doctor if your anginal attacks are not being controlled.



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

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