



ALL LOCATIONS TOLL FREE 1-800-243-1912

Nitroglycerin Instruction

Purpose:

Nitrates are used chiefly for the treatment of angina (chest pain or pressure as a result of an insufficient supply of blood and oxygen to the heart muscle). Nitrates aid in relieving angina by increasing blood supply to the heart muscle, by dilating the blood vessels.

Directions:

1. At first indication of an oncoming attack (pain or pressure), sit or lie down one to two minutes before using Nitroglycerin. If pain or pressure persist, place one tablet underneath tongue and allow it to dissolve. Do not swallow tablet. If you have spray, use one pump underneath the tongue. Wait five minutes.
2. If pain persists, two additional tablets can be taken in the same manner, each five minutes apart (for a total of three tablets) or two additional pumps of spray, also five minutes apart (for a total of three pumps).
3. If after this, pain or pressure is not relieved, or if the pain increases in intensity or if shortness of breath, nausea or sweating occur, call 911 or seek medical help **immediately**. It may not be anginal pain.
4. It is advisable to carry tablets/spray with you at all times. An identification card should be carried with you also, along with a list of any other medications that you take.
5. Do not take nitrates with any medication prescribed for erectile dysfunction (impotence): such as Cialis or Viagra, as they could cause a serious drop in blood pressure.
6. Keep your nitrates in a well closed dark container to preserve their potency. Nitrates lose their potency in six months, if bottle has been opened, or one year if unopened. You should have your prescription refilled accordingly.
7. Flushing, dizziness or a headache may occur after taking nitrates, but all are of short duration. Because dizziness may occur, you need to sit or lie down before taking tablet/spray.
8. Several myths about nitrates: A. You cannot develop a tolerance to this drug. B. There is no addiction to this drug. C. There is no dependency on this drug. D. There is no developing of resistance to repeatedly taking this drug. E. You may take this drug to prevent angina by taking it prior to any activity that regularly may induce angina.