

HOW TO USE NITROGLYCERIN

You should use nitroglycerin to relieve chest discomfort (angina) that occurs when there is not enough blood flow to the heart. Angina often feels like tightness, burning or squeezing in the chest, throat, arms or back. Nitroglycerin comes both as a quick-acting tablet and as a spray form.

♥ If you experience severe discomfort or if taking nitroglycerin has not relieved the discomfort then dial 9-1-1 to be taken to a hospital as soon as possible.

♥ If you have angina, stop what you are doing, sit down and relax. If you are driving, pull over and park the vehicle. If the discomfort does not go away within 5 minutes, then place a nitroglycerin tablet or a spray under your tongue. Let the nitroglycerin dissolve (try not to swallow it).

♥ If you have had no improvement in the discomfort after 5 minutes of taking the first nitroglycerin then you may take a second nitroglycerin. If you have had no improvement in the discomfort after 5 minutes of taking the second, then you may take a third nitroglycerin. Do not take additional nitroglycerin if you become very dizzy.

Temporary side effects from nitroglycerin include a warm feeling and headache.

You may also use a single nitroglycerin tablet or spray before stressful activities you know may cause angina.

You should always keep nitroglycerin with you since you never know when you will need it. Keep the pills in a container with the cap securely tightened to keep the pills fresh.

If you take drugs for erectile dysfunction (Viagra and others) or drugs for pulmonary hypertension (Revatio and others) **YOU MUST CHECK WITH YOUR PHYSICIAN.** Combining nitroglycerin with these drugs can cause a life-threatening drop in blood pressure.

If you have taken drugs for erectile dysfunction, pulmonary hypertension, or prostate problems and develop chest pain afterwards, do not take nitroglycerin. If you dial 9-1-1 to be taken to the hospital be sure to let the ambulance crew know that you have taken these drugs.

We are pleased to answer your questions or discuss your condition with other health care professionals.