Nitroglycerin Patch

Why do I need this medication?
Nitroglycerin treats and helps prevent chest pain (angina) by opening up the blood vessels to improve blood flow to the heart. It belongs to a family of medications called nitrates.

Brand names: Nitro-Dur®, Transderm-Nitro®, Minitran®, Trinipatch®

How to take this medicine

Skin patch
- Ask your doctor or nurse practitioner when the patch should be put on and removed.
- There may be a foil or plastic backing on the sticky side of the patch. Remove this backing.
- Do not cut or trim patches. Avoid touching the sticky side with your fingers.
- Choose a dry, clean, non-hairy area of skin to put the patch on. Your upper chest is the best place to put it.
- If there is some hair in the way, cut it. Do not shave it.
- Place the sticky side against your skin and press the patch down hard with the palm of your hand.
• Put on a new patch if the first one falls off.
• Put each new patch on a different area of your skin.
• It is a good idea to remove the patches for 8-10 hours every day. This will prevent you from developing a tolerance to the medicine and make sure it works well.
• **If you have been prescribed nitroglycerin spray or tablets for under your tongue for chest pain, you can still use these while you are wearing the patch. Check with your doctor, nurse practitioner, or pharmacist for more information.**

If you miss a dose
• Put on the missed dose as soon as possible.
• If it is almost time to put on your next regularly scheduled patch, skip the missed dose.
• Do not use 2 patches at the same time unless your doctor or nurse practitioner has told you to.
How to store this medicine

- Store at room temperature away from heat, light, and moisture. Do not keep it in the fridge.
- After you use a patch, be careful about where you throw it away. There is still enough of the medicine in the patch to be dangerous to children and pets. A good idea is to fold the patch with the sticky side in so it sticks closed before throwing it away.

Drugs and foods to avoid

- Ask your doctor, nurse practitioner, or pharmacist before taking any other medicine, including over-the-counter products.
- Avoid drinking alcohol while using this medicine as it may increase the side effects.
- Avoid sildenafil (Viagra™), tadalafil (Cialis®), and vardenafil (Levitra®).
Warnings

• Check with your doctor or nurse practitioner before using nitroglycerin if you have severe anemia, or liver or kidney disease.

• To avoid dizziness from this medicine, get up slowly from sitting or lying down.

• Do not suddenly stop using this medicine without first asking your doctor or nurse practitioner.

• You may have headaches every day when you first start this medication. Daily headaches can mean that the medication is working. They usually go away within a week. Do not change your dose to avoid getting headaches unless you have talked with your doctor or nurse practitioner first. You can ask your doctor, nurse practitioner, or pharmacist if an over-the-counter pain killer such as acetaminophen (Tylenol®) might help.

What are your questions?
Please ask. We are here to help you.
Call your doctor or nurse practitioner right away if you have any of these side effects:
› blurred vision
› trouble breathing
› fainting or severe weakness

If you have problems with these less serious side effects, tell your doctor, nurse practitioner, or pharmacist:
› facial flushing (warmth)
› fast heartbeat
› dizziness
› headache
› nausea (feel sick to your stomach)
› skin irritation

If you have other side effects that you think are caused by this medicine, tell your doctor or nurse practitioner.