



Patient & Family Guide
2017

Nitroglycerin Sublingual Spray (Nitro)

Aussi disponible en français : *Vaporisateur
sublingual de nitroglycérine (nitro)* (FF85-1782)



www.nshealth.ca

Nitroglycerin Sublingual Spray (Nitro)

Brand name: Nitrolingual® Pumpspray

Why do I need this medicine?

Sublingual (under the tongue) nitroglycerin works by opening up your blood vessels for a short time. This causes more blood and oxygen to flow to your heart, which should help with your chest pain.

Important

Avoid these medicines:

- › Sildenafil citrate (Viagra®)
- › Tadalafil (Cialis®)
- › Vardenafil (Levitra®)

Ask your doctor or pharmacist before taking any other medicines, including over-the-counter products. Other medicines can interact with your nitro and it may not work as expected.

How to take and store this medicine:

Your doctor will tell you how much to take and how often. Keep all medicine out of the reach of children.

1. At the first sign of chest pain or discomfort, stop what you are doing. Sit or lie down to rest.
2. Hold the container in an upright position. Take off the plastic cover. Do not shake.
3. Place your finger on top of the grooved button. Spray into the air until you get a mist (1 to 5 times).
4. Open your mouth. Bring the container as close to your mouth as possible.
5. Press the button firmly to release 1 spray under or onto your tongue. Do not inhale the spray.
6. Relax and wait 5 minutes.
7. If the chest pain or discomfort is still there, repeat steps 3 to 5.
8. Wait another 5 minutes.
9. If the chest pain or discomfort is still there, repeat steps 3 to 5 again.
10. If the chest pain or discomfort is not completely gone after 3 sprays taken in 15 minutes, **call 911 for an ambulance to take you to the Emergency Department right away. Do not drive yourself to the hospital.**

Carry your nitro with you at all times. Store it at room temperature away from heat.

Check the expiry date on the outside of the container. Replace your nitro before the expiry date.

Warnings:

- If you are pregnant or breastfeeding, talk to your doctor before using this medicine.
- This medicine may make you dizzy or lightheaded when you stand up or get out of bed after using it. Getting up slowly from a sitting or lying position may help.
- If you notice that you are using your nitro more often than usual, tell your doctor.

Call your doctor right away if you have any of these serious side effects:

- › Blurred vision
- › Trouble breathing
- › Fainting or severe weakness

If you have any of these less serious side effects, tell your doctor or pharmacist:

- › Facial flushing
- › Fast heartbeat
- › Dizziness
- › Mild headache
- › Nausea (feeling sick to your stomach)

If you have other side effects that you think may be caused by this medicine, tell your doctor or pharmacist.

Questions for your health care provider:

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

Nova Scotia Health Authority

www.nshealth.ca

Prepared by: Pharmacy Department, QEII, Halifax ©

Reviewed by: Cardiology, QEII, Halifax ©

Designed by: NSHA Library Services

The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

QV85-0278 Updated July 2017

The information in this pamphlet is to be updated every 3 years or as needed.