



Patient & Family Guide

2024

# Nitroglycerin (Nitro) Pumpspray

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# Nitroglycerin (Nitro) Pumpspray

**Brand name:** Nitrolingual® Pumpspray

## Why do I need this medication?

- Nitroglycerin (nitro) pumpspray (also called nitro spray) is used to treat chest pain or discomfort. It opens the blood vessels (the tubes that carry blood through your body) for a short time. This lets more blood and oxygen flow to your heart.

## When should I use nitro pumpspray?

- Your health care provider will tell you:
  - › what dose (amount) to take.
  - › how often to take it.
- Use your nitro pumpspray when you are having chest pain or discomfort.
  - › **At the first sign of chest pain or discomfort, stop what you are doing.**
  - › Sit or lie down to rest.
  - › While you are still resting, take your nitro pumpspray.

**Do not use nitro pumpspray if:**

- › you have taken sildenafil (Viagra®) or vardenafil (Levitra®) within the last 24 hours (1 day).
- › you have taken tadalafil (Cialis®) within the last 48 hours (2 days).

**Taking nitro with these medications may:**

- › cause a severe (very bad) drop in your blood pressure. This can be harmful.

**Always carry your nitro with you.**

**What are your questions?**

**Please ask a member of your health care team. We are here to help you.**

## **How to use nitro pumpspray:**

1. Hold the container upright (straight up and down). Take off the cover. **Do not** shake the container.
2. Place your finger on the grooved button.
3. Spray into the air until you see a mist (about 5 times).
4. Open your mouth. Bring the container as close to your mouth as you can.
5. Press the button firmly to release 1 spray under or onto your tongue. **Do not** breathe in the spray.
6. Let the button go. Put the cover back on.
7. Relax and wait 5 minutes.
8. If you still have chest pain or discomfort, take a second spray.
9. Wait another 5 minutes.
10. If you still have chest pain or discomfort, take a third spray.

**If you still have chest pain or discomfort after taking 3 nitro pumpsprays in 15 minutes, call 911 right away.**

**Do not drive yourself to the Emergency Department.**

After using this medication, you may feel dizzy or lightheaded when you sit up or stand up. To help with this, try getting up slowly from a lying or sitting position.

## **What are the possible side effects?**

- › Flushing (face feels warm and turns pink, red, or darker in colour)
- › Nausea (feeling sick to your stomach)
- › Fast heartbeat
- › Feeling dizzy
- › Mild headache

## **Warnings**

- Ask your primary health care provider (family doctor or nurse practitioner) or pharmacist before taking any other medications, including over-the-counter products and/or natural health products.  
**Other medications can affect your nitro pumpspray and it may not work as expected.**
- If you are pregnant or breastfeeding/  
chestfeeding, talk to your primary health care provider before using this medication.

- If you are using your nitro pumpspray more often than usual, talk with your primary health care provider.

## **How do I store this medication?**

- Store this medication at room temperature away from heat.
- Keep this medication out of the reach of children and pets.
- Check the expiry date on the container. Replace your medication **before** the expiry date.

**Contact your primary health care provider or pharmacist right away if you have any of these serious side effects:**

- › Blurred vision
- › Trouble breathing
- › Fainting or feeling very weak

**If you cannot reach your primary health care provider or pharmacist, call 811.**

## Contact your primary health care provider or pharmacist if:

- › any side effects bother you.
- › you have other side effects that you think may be caused by this medication.
- › you have any questions about this medication.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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Call 811 or visit: <https://811.novascotia.ca>

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