

Notes:

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.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Nitroglycerin Patch

If you have these less serious side effects, talk to your primary health care provider or pharmacist:

- › Flushing (warmth) of your face
- › Fast heartbeat
- › Feeling dizzy
- › Headache
- › Nausea (feeling sick to your stomach)
- › Skin irritation (like a rash)

If you have other side effects that you think are caused by this medication, tell your primary health care provider.

How do I store this medication?

- Store it at room temperature away from heat, light, and moisture. **Do not** keep it in the fridge.
- Be careful about where you throw away used patches. There is still enough of the medication in the patch to be dangerous to children and pets.
- Fold the patch with the sticky side in so it stays closed before throwing it away.

- **Do not** suddenly stop using this medication without asking your primary health care provider first.
- You may have headaches every day when you first start this medication.
- These headaches usually go away within 1 week (7 days).
 - › **Do not change your dose to avoid getting headaches unless you have talked with your primary health care provider first.** Ask if an over-the-counter pain medication like acetaminophen (Tylenol®) might help.

Call your primary health care provider or go to the nearest Emergency Department right away if you have any of these serious side effects:

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

Nitroglycerin Patch

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

Why do I need this medication?

Nitroglycerin treats and helps to prevent chest pain called **angina**. It opens your blood vessels (the tubes that carry blood through your body) to help blood flow to your heart. Nitroglycerin belongs to a family of medications called **nitrates**.

How do I use this medication?

- Talk with your primary health care provider (family doctor or nurse practitioner) about when to put the patch on and when to take it off.
- There may be a foil or plastic backing on the sticky side of the patch. Take this backing off. Avoid touching the sticky side with your fingers.
- **Do not** cut or trim the patches.
- Put the patch on an area of skin that is clean, dry, and has no hair. Your upper chest is the best place to put it.

- **If you need to remove an area of hair, cut it. Do not** shave it.
- Put the sticky side against your skin and press the patch down hard with the palm of your hand.
- Wash your hands after handling the patch.
- If the first patch falls off, put on a new one.
- Put each new patch on a different area of your skin.
- It is a good idea to remove the patches for 8 to 10 hours every day. This will prevent you from developing a tolerance (getting used to) to the medication and make sure it works well.
- **If you have also been prescribed nitroglycerin spray or tablets for under your tongue for chest pain, you can still use these while you are wearing the patch.** Ask your primary health care provider or pharmacist for more information.

If you miss a dose:

- Put on the missed patch as soon as you can.
- If it is almost time to put on your next patch, skip the missed one.
- **Do not use 2 patches at the same time**, unless your primary health care provider says it is OK.

Medications and foods to avoid

- Ask your primary health care provider or pharmacist before taking any other medications, including over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements.
- **Avoid drinking alcohol while using this medication.** This may cause more side effects.
- **Avoid these medications while using the patch:**
 - › Sildenafil (Viagra®)
 - › Tadalafil (Cialis®)
 - › Vardenafil (Levitra®, Staxyn®)
 - › Riociguat (Adempas®)

Warnings

- Check with your primary health care provider before using nitroglycerin if you have:
 - › Severe (very bad) anemia (low iron)
 - › Liver disease
 - › Kidney disease
- This medication can make you dizzy. Get up slowly when you go from sitting to standing, and from lying to sitting up.