



Patient & Family Guide
2022

Nitroglycerin Patch

Aussi disponible en français :
Timbre de nitroglycérine (FF85-1911)



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Nitroglycerin Patch

Why do I need this medication?

Nitroglycerin treats and helps prevent chest pain (angina). It opens the blood vessels to improve blood flow to the heart. Nitroglycerin belongs to a family of medications called nitrates.

Brand names: Nitro-Dur[®], Transderm-Nitro[®], Trinipatch, Minitran[™]

How do I take this medication?

Skin patch

- Ask your doctor or nurse practitioner 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. Remove this backing. Avoid touching the sticky side with your fingers.
- Do not cut or trim patches.
- 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 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.
- 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 (get used to) to the medication 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. Ask your doctor, nurse practitioner, or pharmacist for more information.**

What if I miss a dose?

- Put on the missed patch as soon as possible.
- If it is almost time to put on your next regularly scheduled patch, skip the missed one.
- **Do not use 2 patches at the same time** unless your doctor or nurse practitioner has told you to.

How do I store this medication?

- 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. It is a good idea 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 medications, including over-the-counter products.
- **Avoid drinking alcohol while using this medication**, as it may increase the side effects.
- Avoid sildenafil (Viagra®), tadalafil (Cialis®), vardenafil (Levitra®, Staxyn®), and riociguat (Adempas®) while using the patch.

Warnings

- Check with your doctor or nurse practitioner before using nitroglycerin if you have severe (very bad) anemia (low iron), or liver or kidney disease.
- To avoid dizziness from this medication, get up slowly from sitting or lying down.
- Do not suddenly stop using this medication without first asking your doctor or nurse practitioner.
- You may have headaches every day when you first start this medication. This can mean that the medication is working. These headaches usually go away within a week (7 days). **Do not change your dose to avoid getting headaches unless you have talked with your doctor or nurse practitioner first.** Ask your doctor, nurse practitioner, or pharmacist if an over-the-counter painkiller like acetaminophen (Tylenol®) might help.

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 (upset stomach)
- › Skin irritation

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

Notes:

Looking for more health information?

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

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

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

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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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.

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