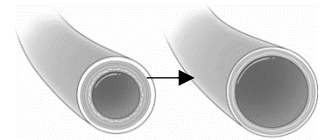




What does this medication do?

Nitroglycerin **quickly relieves heart pain (angina)** that is caused by reduced blood flow to the heart. Blood flow to the heart may be reduced by build-up of fatty deposits (plaque) or spasms in the arteries (blood vessels) that supply the heart muscle with blood.

Nitroglycerin works by **widening your blood vessels** to make it easier for **more oxygen-rich blood to reach the heart muscle**. These changes in blood flow also mean your heart doesn't have to work as hard. These effects work together to relieve angina.



How and when should you take this medication?

1. If you have chest pain or discomfort that you think is due to your heart, **STOP** whatever you are doing and **sit or lie down before taking a dose of nitroglycerin**.
2. Place one tablet **UNDER the tongue** and leave it there. **DO NOT** chew or swallow the tablet, or it will not work.
3. If the pain or discomfort is not relieved after 5 minutes, repeat the dose.
4. If the pain or discomfort continues after 2 doses (10 minutes), take a third dose and **IMMEDIATELY** call your local emergency number. **DO NOT** drive yourself and **DO NOT** delay.

If you are going to do an activity that you think may cause heart pain (such as brisk walking or climbing stairs), you may use your nitroglycerin 5-10 minutes before you do the activity.

Special instructions:

ALWAYS carry a supply of nitroglycerin with you. Make sure a family member knows where the nitroglycerin is stored. If you forget or lose your nitroglycerin, it can be purchased at any pharmacy without a prescription.

Nitroglycerin Tablet:

- Keep the tablets in the original bottle & keep the lid closed tightly. When you first get a new bottle, remove the seal and cotton so the tablets are ready to use.
 - When away from home, carry a small number of tablets in a bottle in your pocket or purse. Only use bottles made for carrying nitroglycerin tablets.
 - If tablets have been moved from their original container, consider them expired after 3 months and replace them. **Note:** Sometimes nitroglycerin tablets cause a tingling or burning sensation, but a tingling or burning sensation does NOT mean that the tablet is working.
- Store the tablets in a cool, dry place, NOT in the bathroom medicine cabinet or on top of the refrigerator.
- Do not store nitroglycerin in your car or in another place that may get very hot or very cold. Nitroglycerin will not work if it has gotten too hot or too cold.

You may experience a **headache or dizziness** after taking nitroglycerin. These are common side effects and will only last for a short time. To reduce your risk of dizziness and falling, take your dose of nitroglycerin when you are sitting or lying down.

When to contact your healthcare provider:

If you take nitroglycerin, **DO NOT take:**

- sildenafil (Viagra® or Revatio®)
 - vardenafil (Levitra® or Staxyn®)
 - tadalafil (Cialis® or Adcirca®)
- without talking to your healthcare provider first.

Talk to your pharmacist or other healthcare provider to make sure your medications do not interact with your nitroglycerin (including vitamins, over-the-counter medications, and herbal products).