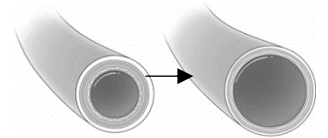




## What does this medication do?

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 **widens your blood vessels** to make it easier for **more oxygen-rich blood to reach to 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. Give 1 spray **UNDER the tongue** and leave it there. **DO NOT inhale or swallow the spray, 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 Spray:

- When you start a new bottle or when the spray has not been used for more than a few days, "prime" the spray by spraying into the air as directed.
- Do not shake the canister before using or you may not get a full dose.
- 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.

If you are having trouble pressing the button on the spray bottle, you may prefer to use the nitroglycerin tablets.

You may experience a **headache or dizziness** after taking your 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).