

# How To Use Your Nitroglycerin

## Sublingual Tablets

- 1 Stop what you are doing and sit down. Place one tablet under your tongue and let it dissolve. Avoid swallowing while the tablet is dissolving. You may notice tingling under your tongue and you may have a headache.



- 2 If your angina lasts longer than 5 minutes after taking the first tablet, take another tablet. You may then take a third one after 5 more minutes, if necessary.

- 3 If you still have pain after a total of three (3) tablets in 15 minutes call your doctor and arrange transportation to the nearest hospital. Do not drive yourself.

## Spray

- 1 Stop what you are doing and sit down. Hold the spray canister upright as close as possible to your open mouth.
- 2 Press the button on the canister's top to release the spray onto or under your tongue.



Release the button and close your mouth. Avoid spraying into your eyes. And do not swallow immediately after spraying.

- 3 If your angina lasts longer than 5 minutes, spray again. Then spray a third time after 5 more minutes, if necessary. Do not take more than 3 sprays within any 15 minute period. If your angina continues, call your doctor and arrange transportation to the nearest hospital.

❖ If your Doctor has prescribed Nitroglycerin for you, you should carry it with you at all times. Nitroglycerin tablets will lose their strength over time. The pill should cause a stinging sensation under tongue. If it does not sting, your tablets may have lost some of their strength. It is important that you get new tablets every 6 months, even if you have some left in the container. The spray, however, is good for 2 years.

### WARNINGS:

- If you are taking Nitroglycerin, avoid using medicines for erectile dysfunction such as Sildenafil (Viagra), Tadalafil (Cialis) or Vardenafil (Levitra). Use of nitroglycerin after taking these medications may lead to a serious drop in blood pressure. If you have used one of these medications and have chest pain, DO NOT take the nitroglycerin. Contact your doctor and seek immediate emergency treatment.