

## Dangerous signals

If the anginal pain is stronger than usual; or if pain persists after using three puffs in 15 minutes, you may be having a heart attack.

Dial 999 for an ambulance or go to the Emergency Department of a hospital immediately.



## What are the common side effects?

Common side effects include:

- Headache, especially for patients who use the Nitrolingual® Spray for the first time;
- Dizziness, especially when you get up quickly from a lying or sitting position;
- Flushing or redness of face and neck;
- Rapid heart rate;
- Low blood pressure, especially during overdose.

You should avoid alcohol when taking this medication as alcohol may increase the side effects of Nitroglycerin.

## How should I store Nitrolingual® Spray?

- Store below 25°C, in a cool dry place, away from light.
- Keep the medication with you at all times.
- The expiry date is shown on the carton and the bottle.
- Keep out of the reach of children.

This guidance is for reference only .

You should always follow your doctor's instructions.  
Check with your doctor or pharmacist if you have any questions.

Do not share your medications with other people.

如有任何查詢，歡迎聯絡我們  
For enquiry, please feel free to contact us

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聖保祿醫院  
St. Paul's Hospital

## How to use Nitrolingual® Spray

藥劑部  
Pharmacy



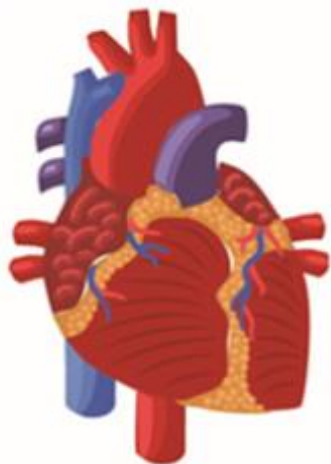
## About your medication

"Glyceryl Trinitrate" or "Nitroglycerin" is mainly used for treatment of angina pectoris. It works by relaxing and widening the blood vessels, allowing more blood and oxygen to reach the heart.

Angina pectoris, commonly known as angina, is the "chest pain" caused by decreased blood supply to heart muscle. Patients with angina may experience the following symptoms:

- Pain in the chest that may spread to the neck, jaw, shoulders or arms;
- Pressure, burning and fullness in the chest;
- Rapid heart rate;
- Difficulty in breathing;
- Dizziness, sweating, nausea.

Degree of angina can range from mild to severe.



## How should I use Nitrolingual® Spray?

If you are using a new bottle of Nitrolingual® Spray, or you have not used it for over a week, spray a few puffs into the air to get the pump working properly.

1. Sit down and rest if you have chest pain.
2. Remove the plastic cap of the spray. Do not shake the bottle.
3. Hold the bottle upright with your index finger on the button.
4. Open your mouth and bring the bottle as close as possible.
5. Press the button firmly to allow the puff to go under your tongue. Do not inhale when you are taking the puff. Close your mouth and avoid swallowing immediately.
6. Remove the bottle. If you need another puff, repeat steps 3 to 6.



## How many puffs should I use?

At the onset of an angina attack,

1. Use one puff of Nitrolingual® Spray. Repeat every 5 minutes if pain persists.
2. If the symptoms do not improve after using a total of three puffs within 15 minutes, dial 999 for an ambulance or go to the Emergency Department of a hospital immediately.
3. If the symptoms subside after resting or the use of Nitrolingual® Spray, you may continue your daily activity.

Some daily activities may exacerbate chest pain, such as walking on slope or upstairs, or doing vigorous exercise. You may use Nitrolingual® Spray 5 to 10 minutes before these activities as prevention.

