

How should I store my Nitroglycerin sublingual tablets?

Nitroglycerin is volatile - it may vaporize if it is stored improperly. You should store your Nitroglycerin tablets appropriately to keep it effective. Tips for storage include,

- (1) Do not store Nitroglycerin sublingual tablets in a simple pill box or plastic bag. These tablets must be stored in its original brown container to protect them from light. The bottle should be tightly closed after use.
- (2) Do not keep cotton or other medications in the same container with Nitroglycerin sublingual tablets. They may absorb Nitroglycerin and reduce its effect.
- (3) Write down the opening date of the bottle of nitroglycerin sublingual tablets and discard the whole bottle after 8 weeks of first opening.
- (4) Store Nitroglycerin sublingual tablets in a cool, dry place when you are at home. Do not store it in the bathroom, kitchen or inside refrigerator.

- (5) You should bring the Nitroglycerin sublingual tablets whenever you leave home. Do not put the container near your body because our body temperature may vaporize the tablet. You may put the drug container inside your carry-on bag.
- (6) Keep your medication 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

藥劑部 Pharmacy

地址: 香港銅鑼灣東院道2號 聖保祿醫院

Address: St. Paul's Hospital

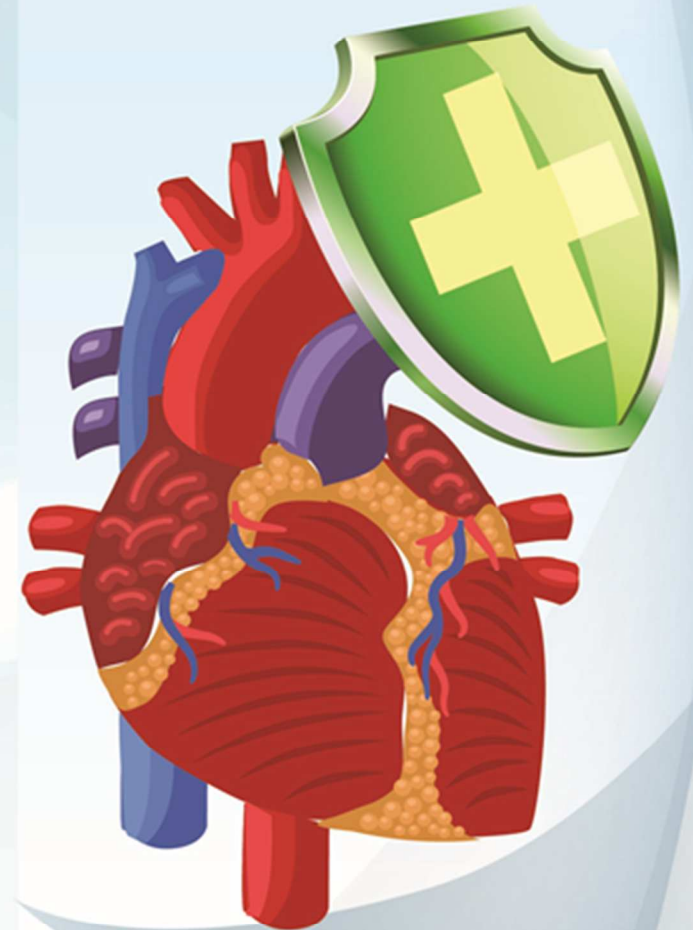
No. 2, Eastern Hospital Road, Causeway Bay, Hong Kong

電話 Tel: 2830 3725

網址 Website: www.stpaul.org.hk

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About Your Medication

"Nitroglycerin" or "Glyceryl Trinitrate" is mainly used for treatment of angina pectoris. Angina pectoris, commonly known as angina, is the "chest pain" caused by decreased blood supply to heart muscle. Patients with angina may complain chest discomfort, such as feeling of heaviness or squeezing in the chest rather than real pain. Other symptoms of angina include,

- Feeling of pressure and fullness in chest area.
- Feeling of burning or heaviness.
- Anginal pain may spread to shoulders, arms or neck.
- Degree of angina ranging from mild to severe.

Some patients may experience other symptoms such as difficulty in breathing, dizziness, sweating, nausea and rapid heart rate.

How should I take my Nitroglycerin sublingual tablet?

Only use this medication if you are diagnosed as an anginal patient. Sit down and take one dose of nitroglycerin when an angina attack begins. Place one tablet under your tongue. The tablet would dissolve and be absorbed through blood vessels inside your mouth. You may feel a burning or tingling sensation when the pill dissolves. Do not swallow or chew because it would not work inside your stomach. Nitroglycerin tablet may also be used to prevent angina. You may take one tablet sublingually 5-10 mins prior to vigorous exercise.

How many tablets should I use?

Nitroglycerin sublingual tablets usually take 1 to 5 minutes to resolve angina. You may take a second tablet if the pain is not relieved 5 minutes after the first dose. If the pain persists for another 3 to 5 minutes, a third tablet may be used. If the symptoms do not improve after taking a total of 3 tablets within 15 minutes, dial 999 for ambulance or go to the Emergency department of hospital immediately. If the angina has been relieved while the sublingual tablet has not totally dissolved, you may swallow or spit out the tablet to reduce its side effect.

Dangerous Signals



If the anginal pain is stronger than normal; pain sensation spreads to neck area, arms or lower jaw; or if you experience sweating, choking, vomiting at the same time, you may be having a heart attack. Dial 999 for ambulance or go to the Emergency department of hospital immediately.

What are the common side effects of Nitroglycerin?

Common side effects include

- (1) Headache, especially for patients who use the nitroglycerin sublingual tablet for the first time;
- (2) Dizziness, especially when you get up quickly from a lying or sitting position;
- (3) Flushing or redness of face and neck;
- (4) Rapid heart rate;
- (5) Low blood pressure, especially during overdose.

Patients can usually tolerate the side effects of Nitroglycerin. However, you should consult doctor's opinion when the side effects become severe and intolerable. You should avoid alcohol when taking this medication as alcohol may increase the side effects of nitroglycerin.