

What should I do during Chest pain?

First, sit down and rest. You may use 1-2 puffs of Nitrolingual pumpspray. Use one dose every 5 to 10 minutes if pain persists. If the symptoms do not improve after using a total of 3 doses within 15 - 20 minutes, dial 999 for ambulance immediately. If the symptoms are relieved after rest or use of Nitrolingual pumpspray, 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 the Nitrolingual pumpspray a few minutes before these activities as prevention.

Side Effects of Nitrolingual Spray

Common side effects include:

- (1) Headache, especially for patients who use the Nitrolingual pumpspray 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.

Expiry Date of Nitrolingual Spray

The expiry date is shown on the carton and bottle.

Storage of Nitrolingual Spray

Store below 25°C
Bring it with you after opening.

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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聖保祿醫院
St. Paul's Hospital

How to use Nitrolingual Pumpspray

藥劑部
Pharmacy

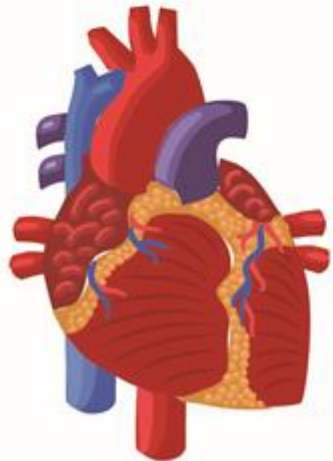


About your medication

"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 of 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 use my Nitrolingual Pumpspray?

Prepare for use

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

1. Sit down and rest if you have chest pain.
2. Open 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 put the bottle near it. Make sure the spray is targeting the sublingual area, i.e. under your tongue.
5. Press the button firmly to allow the puff to go under your tongue. Do not inhale when you are taking the puff.



6. Remove the bottle and close your mouth immediately. If you need one more dose, please repeat steps (3) to (6).



Dangerous Signals

If the anginal pain is stronger than what you normally experienced; pain sensation spreads to neck, arms or lower jaw; or if you are 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.

