

Guidelines for Nitroglycerin Spray

You have been prescribed nitroglycerin for control of chest pain (angina). Nitroglycerin improves blood flow to the heart muscle by dilating (opening) your arteries. Keep your nitroglycerin with you at all times. It is a good idea to have a spare container at home or work. Do not leave it in the car – it must be kept at room temperature.

There are 2 types of containers available in Canada:

- 1) *Aerosol canister* – DOES NOT require priming
- 2) *Pump spray* - **requires priming** before use – To prime the pump
 - a. Hold the canister upright and point it away from you
 - b. Press the button firmly, quickly and completely 3 times in order to fill up the small tube inside the canister

If you experience Chest Pain or Chest Discomfort:

1. Stop what you are doing and sit down
 2. Administer nitroglycerin:
 - Do not shake the container; prime the container if necessary
 - Open your mouth and bring the bottle as close to your mouth as possible
 - Press the button firmly with your forefinger to release the spray under your tongue
 - *DO NOT INHALE THE SPRAY*
 - Release the button and close your mouth
 - Avoid swallowing, coughing, or spitting out the medication for 10 minutes after you use the spray
- If after **5 minutes** the chest pain is still present, administer another dose and **CALL 911**
- If after another **5 minutes** the chest pain is still present, use a 3rd dose
- **3 doses is the maximum allowed - Be sure to tell medical personnel that you have used nitroglycerin!!**

Possible Side Effects Include: headache, dizziness, lightheadedness, numbness or tingling of the skin or inside of mouth

***Warning:** If you use nitroglycerin, you must not use medications for erectile dysfunction such as sildenafil (Viagra), vardenafil (Levitra, Staxyn) and tadalafil (Cialis). Such combinations can produce severe lowering of blood pressure, loss of consciousness, heart attack or death.