

## GLYCERYL TRINITRATE (patch)

*glis-er-il try-nye-trate*

### What does it do?

*Glyceryl trinitrate* patches are used to prevent angina and sometimes other conditions. They relax the blood vessels, allowing more blood to flow to the heart.

### Before you start

- Tell your doctor if you have a history of fainting, or sometimes feel lightheaded.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

### How should you use it?

Use *glyceryl trinitrate* patches regularly as directed. Apply the patch to a clean, hairless area of skin at the same time each day. Remove the patch about 16 hours later and wait at least 8 hours before applying a new patch. Apply the new patch to a different area of skin, to prevent skin irritation. Do not cut the patch.

### What if you forget a dose?

Apply the missed patch as soon as possible and remove it at the normal time.

### Can you take other medicines?

Some medicines available without a prescription may react with *glyceryl trinitrate* including:

- sildenafil (e.g. Viagra®) or similar medicines. DO NOT use these medicines with *glyceryl trinitrate*. This can cause severe side effects.

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

### What side effects might you notice?

| Side Effects                                   | Recommended action   |
|--|--|
| Fast heartbeat<br>Fainting                     | Tell your doctor   |
| Headache, flushing<br>Lightheaded              | Common when treatment begins - if side effects continue or are severe, tell your doctor. |
| Red or itchy skin where patch has been applied | Tell your doctor if troublesome  |

If you notice any other effects, discuss them with your doctor or pharmacist.

### Other information:

- Taking alcohol and *glyceryl trinitrate* at the same time may increase side-effects.
- Some procedures (e.g. MRI scan) may overheat the patch and burn your skin. Discuss with your health professional before your procedure.
- Do not stop taking *glyceryl trinitrate* without talking to your doctor first.
- Dispose of *glyceryl trinitrate* patches by folding the patch in half with the sticky sides together. Make sure to dispose of it out of the reach of children.