



## GLYCERYL TRINITRATE (spray)

*glis-er-ril try-nye-trate*

### What does it do?

*Glyceryl trinitrate* is used to relieve angina. It relaxes the blood vessels, allowing more blood to flow to the heart.

### Before you start

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

### How should you use it?

Stop what you are doing. Sit down and use 1 spray under your tongue.

If your angina is relieved by rest or your spray, you can resume your activities gently.

If after 5 minutes you still have angina, use 1 more spray.

If you still have angina after 5 more minutes, treat as a heart attack – call an ambulance (dial 111) immediately.

### Can you take other medicines?

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

- sildenafil (e.g. Viagra®) or similar medicines. Taking these and *glyceryl trinitrate* together may cause severe side effects - discuss this with your health professional.

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  |
|---|---|
| Flushing, headache<br>Fast heartbeat<br>Fainting, lightheaded | Lie down until these effects pass – 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.
- Check the expiry date written on the canister. After this date the spray may not work, so you will need to get a new spray.
- Keep your *glyceryl trinitrate* handy at all times, so you know where it is when you need it.
- You may feel a slight tingling in your mouth when you use *glyceryl trinitrate*. This is harmless.
- You may use *glyceryl trinitrate* before an activity that sometimes causes your angina. Discuss this with your doctor.
- If you feel lightheaded or faint after using your *glyceryl trinitrate*, do not drive or operate machinery until this feeling goes away.
- Some brands need a test spray (priming) before use. Discuss this with your health professional.