

Your medication information for Coronary Artery Disease

Glyceryl Trinitrate Spray

What is glyceryl trinitrate?

- ♥ Glyceryl trinitrate (also called 'GTN') is a medicine which is used to treat angina.
- ♥ Angina is chest pain (which may spread to your throat, jaw, neck, shoulders or arms) that occurs when too little blood and oxygen reaches your heart muscle.
- ♥ Glyceryl trinitrate works to relax your blood vessels, allowing more blood and oxygen to reach your heart.
- ♥ It is given under the tongue so it can work quickly to reduce angina symptoms.

What should I do while taking it?

Carry your glyceryl trinitrate spray with you at all times, so you can use it when you need it.

- ♥ You can carry the spray in your pocket but it needs to be stored below 25°C.
- ♥ Keep a spare bottle at home so you never run out.
- ♥ Replace your glyceryl trinitrate spray as soon as it expires. The expiry date is printed on the bottom of the bottle.
- ♥ You can buy glyceryl trinitrate spray (Nitrolingual[®]) from pharmacies without a prescription, but it may be cheaper with a prescription.

If you experience symptoms of angina, follow these steps:



- ♥ Stop whatever you are doing and **sit down and rest.**
- ♥ Remove the plastic cover from your glyceryl trinitrate spray bottle.
- ♥ Prime your spray bottle if you are using it for the first time, or if it has been longer than 4 months since you last used it.
 - To prime the bottle, press the nozzle and spray into the air FIVE (5) times.
 - If it has been more than 1 week since you last used it, you only need to press the nozzle and spray into the air ONCE.
- ♥ Hold the bottle upright, close to your mouth, with your finger on top of the nozzle.
- ♥ Press the nozzle down to spray ONE (1) dose **under your tongue** (do not inhale or swallow the dose).



WAIT FIVE MINUTES

If you still have angina after five minutes:

- ♥ Spray a second dose under your tongue.

WAIT FIVE MINUTES

If you still have angina symptoms after ten minutes:

- ♥ Spray a third dose under your tongue.
- ♥ Dial **000** (or 112 from a mobile phone) and ask for a MICA ambulance.
- ♥ **Do not drive or get friends or relatives to drive you to the hospital.**



While you wait for the ambulance:

- ♥ Take a 300mg soluble aspirin tablet dissolved in water, if you have one.
- ♥ Continue to use your glyceryl trinitrate spray every five minutes.



For more advice about information in this leaflet, contact:

Monash Medicines Information -

Tel (03) 9594 2361

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Use your glyceryl trinitrate spray before you begin an activity that may cause angina.

- ♥ Spray ONE dose under your tongue five to ten minutes before starting an activity that may cause angina (e.g. exercise).

Tell your doctor if your angina attacks become more frequent or severe, if they begin to occur at rest, or if they take longer to resolve.

Avoid taking sildenafil (Viagra®), vardenafil (Levitra®), tadalafil (Cialis®) whilst you are using glyceryl trinitrate. Speak with your doctor or pharmacist for more information.

What are the possible side effects?

- ♥ The most common side effects of glyceryl trinitrate are headache, flushing and feeling faint or dizzy. These usually begin soon after using the spray.
- ♥ You can reduce these side effects by sitting or lying down before using your glyceryl trinitrate spray and by rinsing your mouth out with water once your angina pain has gone.
- ♥ Read the consumer medicines information leaflet or speak to your doctor or pharmacist if you would like more information about possible side effects.



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