

Your medication information for Coronary Artery Disease

Glyceryl Trinitrate Sublingual Tablets

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 tablets with you at all times, so you can use them when you need them.

- ♥ Avoid carrying your glyceryl trinitrate tablets where they may become overheated (such as close to your body or in your car glove box).
- ♥ Keep a spare bottle at home so you never run out.
- ♥ Replace your glyceryl trinitrate tablets as soon as they expire.
- ♥ You can buy glyceryl trinitrate tablets (Anginine[®] or Lycinat[®]) from pharmacies without a prescription, but they may be cheaper with a prescription.

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

- ♥ Place HALF (½) to ONE tablet under your tongue and allow it to dissolve five to ten minutes before starting an activity that may cause angina (e.g. exercise).

If you experience symptoms of angina, follow these steps:



- ♥ Stop whatever you are doing and **sit down and rest.**
- ♥ Place ONE glyceryl trinitrate tablet (if using for the first time use HALF (½) a tablet) **under your tongue** and allow it to dissolve. Do not suck or swallow.
- ♥ If your mouth is dry, take a sip of water before using the tablet to help it dissolve.



WAIT FIVE MINUTES

If you still have angina symptoms after five minutes:

- ♥ Place a second whole tablet under your tongue.



WAIT FIVE MINUTES

If you still have angina symptoms after ten minutes:

- ♥ Place a third whole tablet 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 tablets every five minutes.



For more advice about information in this leaflet, contact:

Monash Medicines Information -

Tel (03) 9594 2361

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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.

Follow the storage instructions carefully.

- ♥ Glyceryl trinitrate tablets can lose their strength if not stored correctly.
- ♥ Keep your glyceryl trinitrate tablets only in the bottle provided with the lid completely closed.
- ♥ Store your glyceryl trinitrate tablets in a cool, dry, dark place where the temperature stays below 25°C. They do not need to be refrigerated.
- ♥ Keep out of reach of children.
- ♥ If you find it difficult to store your glyceryl trinitrate tablets correctly, you may prefer to use a glyceryl trinitrate spray.
 - The spray contains the same active ingredient as the tablets but can be stored at temperatures up to 30°C so it can be carried in your pocket.
 - Ask your doctor or pharmacist if you would like to know more about glyceryl trinitrate spray.

Write the date on the bottle when you open it.

- ♥ Glyceryl trinitrate tablets expire three months (90 days) after the bottle has been opened, or on the expiry date printed on the bottle, whichever is first.
- ♥ Ask your pharmacist to dispose of any expired tablets for you.

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 a tablet.
- ♥ You can reduce these side effects by sitting or lying down before using your glyceryl trinitrate tablets and by spitting out or swallowing what is left of your tablet 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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