

Your medication information for CORONARY ARTERY DISEASE

Long-acting nitrates

Active Ingredient Name	Some Common Brand Names
Glyceryl Trinitrate Patch	Minitran [®] , Nitro-Dur [®] , Transiderm-Nitro [®]
Isosorbide Mononitrate Tablet	Duride [®] , Imdur [®] , Isomonit [®] , Monodur [®]

What are long-acting nitrates?

- ♥ Long-acting nitrates are medicines which are used to prevent 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.
- ♥ Nitrates work to relax your blood vessels, allowing more blood and oxygen to reach your heart.

What should I do while taking them?

Use your long-acting nitrate every day according to the doctor's instructions.

Glyceryl trinitrate patches

- ♥ Apply one patch to the skin once each day, in the morning or the evening depending on when your angina symptoms usually occur.
- ♥ Remove the patch 12 to 14 hours later to ensure at least a 10-hour 'patch off' period. This stops the medicine from losing its effectiveness.
- ♥ Apply the patches to a different area of skin each day to avoid skin irritation. Wait several days before using the same area again.
- ♥ If your skin is very hairy, you may need to clip the hair so that the patch sticks well and is easier to remove.

Isosorbide mononitrate slow release tablets

- ♥ Take once each day, in the morning or the evening depending on when your angina symptoms usually occur.
- ♥ You may break the tablets along the scored line but do not crush or chew them.

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.

Do not use sildenafil (Viagra[®]), vardenafil (Levitra[®]), tadalafil (Cialis[®]) whilst you are taking long-acting nitrates. Speak with your doctor about other options.

What are the possible side effects?

- ♥ You may feel dizzy when you first start to use long-acting nitrates or when the dose is increased.
 - To avoid dizziness, get up slowly from sitting or lying down.
 - Sit or lie down if you feel dizzy or light-headed.
 - Tell your doctor if you continue to feel dizzy after the first few weeks.
- ♥ Headache is common when first starting treatment. You can take paracetamol if needed.
- ♥ Read the consumer medicines information leaflet or speak to your doctor or pharmacist if you would like more information about possible side effects.



For more advice about information in this leaflet, contact:

Monash Medicines Information -

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