

# YOUR GUIDE TO Taking Nitroglycerin

**NITROGLYCERIN IS A MEDICATION THAT IS USED TO RELIEVE CHEST PAIN, ALSO KNOWN AS ANGINA. THIS DRUG IS USED TO OPEN BLOOD VESSELS AND IMPROVE BLOOD FLOW TO THE HEART.**

Nitroglycerin can be fast-acting or long-acting. Fast-acting nitroglycerin is typically used to stop an angina attack, while long-acting nitroglycerin helps to prevent future angina attacks.

*If you need to take fast-acting nitroglycerin to stop chest pain, please follow these instructions:*

## **How to take a nitroglycerin tablet:**

1. Sit down.
2. Place one tablet under your tongue OR place between your lip and gum OR between your cheek and gum.
3. Let the tablet dissolve. Do not swallow or chew the tablet.

## **How to take nitroglycerin spray:**

1. Sit down.
2. Open your mouth and hold the sprayer in front of your mouth.
3. Press the button on top. Spray once under your tongue or inside your cheek.
4. Close your mouth.
5. Wait a few seconds before swallowing.

## **After using a tablet or spraying once:**

1. Sit for 5 minutes.
2. If you still have chest pain, take a second tablet or spray a second time.
3. Sit for another 5 minutes.
4. If the pain has not gone away, take a third tablet and spray a third time.

## **When to call for emergency help:**

Call 911 or ask someone to drive you to the emergency room if your chest pain lasts longer than 15 minutes and 3 doses of nitroglycerin have not relieved it. You may be having a heart attack.