

Contact your primary health care provider or pharmacist if:

- › any side effects bother you.
- › you have other side effects that you think may be caused by this medication.
- › you have any questions about this medication.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Nitroglycerin (Nitro) Pumpspray

- If you are using your nitro pumpspray more often than usual, talk with your primary health care provider.

How do I store this medication?

- Store this medication at room temperature away from heat.
- Keep this medication out of the reach of children and pets.
- Check the expiry date on the container. Replace your medication **before** the expiry date.

Contact your primary health care provider or pharmacist right away if you have any of these serious side effects:

- › Blurred vision
- › Trouble breathing
- › Fainting or feeling very weak

If you cannot reach your primary health care provider or pharmacist, call 811.

After using this medication, you may feel dizzy or lightheaded when you sit up or stand up. To help with this, try getting up slowly from a lying or sitting position.

What are the possible side effects?

- › Flushing (face feels warm and turns pink, red, or darker in colour)
- › Nausea (feeling sick to your stomach)
- › Fast heartbeat
- › Feeling dizzy
- › Mild headache

Warnings

- Ask your primary health care provider (family doctor or nurse practitioner) or pharmacist before taking any other medications, including over-the-counter products and/or natural health products.
Other medications can affect your nitro pumpspray and it may not work as expected.
- If you are pregnant or breastfeeding/ chestfeeding, talk to your primary health care provider before using this medication.

Nitroglycerin (Nitro) Pumpspray

Brand name: Nitrolingual® Pumpspray

Why do I need this medication?

- Nitroglycerin (nitro) pumpspray (also called nitro spray) is used to treat chest pain or discomfort. It opens the blood vessels (the tubes that carry blood through your body) for a short time. This lets more blood and oxygen flow to your heart.

When should I use nitro pumpspray?

- Your health care provider will tell you:
 - › what dose (amount) to take.
 - › how often to take it.
- Use your nitro pumpspray when you are having chest pain or discomfort.
 - › **At the first sign of chest pain or discomfort, stop what you are doing.**
 - › Sit or lie down to rest.
 - › While you are still resting, take your nitro pumpspray.

Do not use nitro pumprspray if:

- > you have taken sildenafil (Viagra®) or vardenafil (Levitra®) within the last 24 hours (1 day).
- > you have taken tadalafil (Cialis®) within the last 48 hours (2 days).

Taking nitro with these medications may:

- > cause a severe (very bad) drop in your blood pressure. This can be harmful.

Always carry your nitro with you.

How to use nitro pumprspray:

1. Hold the container upright (straight up and down). Take off the cover. **Do not** shake the container.
2. Place your finger on the grooved button.
3. Spray into the air until you see a mist (about 5 times).
4. Open your mouth. Bring the container as close to your mouth as you can.
5. Press the button firmly to release 1 spray under or onto your tongue. **Do not** breathe in the spray.
6. Let the button go. Put the cover back on.
7. Relax and wait 5 minutes.
8. If you still have chest pain or discomfort, take a second spray.
9. Wait another 5 minutes.
10. If you still have chest pain or discomfort, take a third spray.

What are your questions?

Please ask a member of your health care team. We are here to help you.

If you still have chest pain or discomfort after taking 3 nitro pumprsprays in 15 minutes, call 911 right away.

Do not drive yourself to the Emergency Department.