

Nitrates

How do they work?

Nitrates relax the blood vessels to increase the supply of blood and oxygen to the heart. This helps to reduce the stress on the heart.

What are they used for?

- Treatment and prevention of chest pain
- Treatment of congestive heart failure
- Protection of arterial graphs used for bypass surgery

Nitrates come in several different forms:

- Sublingual tablets (dissolve under the tongue) or spray
- Long acting tablets
- Patch
- Intravenous



Are there any Side Effects?

Some effects that people have had while taking these medicines are:

- Dizziness or lightheadedness
- Headache
- Flushing
- Fast heartbeat
- If you experience dizziness or lightheadedness, get up slowly from a lying or sitting position.
- For men, inform your doctor or pharmacist if you are using Viagra (sildenafil), Cialis (tadalafil), or Levitra (vardenafil).



How Do I Take Them?

You may have a prescription for both a sublingual spray or tablets and patch. The spray or tablets are used as needed to relieve chest pain.

Pump spray and Sublingual tablets:

- At the first sign of chest pain, sit down and give 1 spray or place 1 tablet under the tongue.
- If relief is not obtained within 5 min after 1 dose, seek medical attention and repeat the step above.
- Give up to 3 doses at 5- to 10-minute intervals if relief is not achieved.

Patch:

- The patch is applied daily, usually for 12 hours each day. Apply patch to a clean dry area. Wash hands to remove any drug afterwards.
- Do not cut or use part patches. Do not reuse the patch. Remove your old patch before applying a new one.

Do NOT stop taking this medicine without checking with your doctor/NP first.

Be sure to fill your prescription as soon as possible following discharge from the hospital.

What are some commonly used nitrates?

Generic Name	Brand Name
Nitroglycerin sublingual spray	Nitrolingual Spray
Nitroglycerin sublingual tablet	Nitrostat
Nitroglycerin patch	Nitro-Dur
Isosorbide dinitrate	Isordil

Please note that this information sheet does not contain complete information about Nitrates. If you need more information about this medicine, be sure to ask your doctor/NP or pharmacist.