

The Use of Nitroglycerin

Instructions on the use of oral nitroglycerin for chest pain

1. You must always carry your nitroglycerin with you – in your pocket, your purse or in a special container that you wear around your neck or that you place on your key ring.
2. When you are having discomfort that you think is from your heart, you must sit down, or lie down.
3. Place one nitroglycerin tablet under your tongue (or a single spray of nitroglycerin).
4. If after five minutes you still have the discomfort, place a second nitroglycerin tablet under your tongue (or use a second spray of nitroglycerin).
5. If after five minutes you still have the discomfort, place a third nitroglycerin tablet under your tongue (or use a third spray of nitroglycerin) and immediately use the nearest phone to dial 911.
6. If the discomfort is relieved after the first or second nitroglycerin tablet (or spray) call your doctor to discuss your options.

* Nitroglycerin should burn when placed under your tongue

* Nitroglycerin pills should be replaced every 6-12 months