

# Cardiovascular Medications

## Nitrolingual Pump Spray

### USED TO TREAT:

- Discomfort from heart attack or angina.
- Typical symptoms include uncomfortable pressure, fullness, squeezing, or pain in the chest.
- The discomfort also may be felt in the left chest, neck, jaw, shoulder, back, or arm.
- Additional warning signs include shortness of breath, palpitations, excessive weakness, dizziness or lightheadedness, and nausea. These symptoms may vary in intensity, occur alone or in any combination, and may vary with each episode.

### HOW IT WORKS:

- Dilates (opens) arteries of the heart, providing more oxygen to heart muscle.
- Also dilates veins in legs, which decreases the amount of blood returning to the heart.
- This decreases the workload of the heart and oxygen needs relieving chest discomfort.

### DIRECTIONS FOR USE:

- Keep nitroglycerin with you at all times.
- At the first sign of angina, you should **sit or lie down**. Use caution when returning to standing position.
- Nitroglycerin should be placed under tongue if symptoms do not resolve within 3-5 minutes. It may be repeated every 5 minutes for a total of three doses. No more than 3 nitroglycerin tablets or pump sprays should be taken within 15 minutes.

- **Call 911** immediately to access emergency medical services with first nitroglycerin tablet.
- Do not shake.
- Hold the container upright with forefinger on top of the grooved button.
- Open the mouth and bring the container as close to it as possible.
- Press the button firmly with the forefinger to release the spray onto or under the tongue.
- Do not inhale the spray.
- Release button and close mouth.
- Avoid swallowing immediately after administering the spray.
- Use of nitroglycerin with alcohol may cause low blood pressure.
- Do not use Phosphodiesterase-5 Enzyme Inhibitor (medications for erectile dysfunction) such as Viagra (Sildenafil), Cialis (Tadalafil), Levitra (Vardenafil), Stendra (Avanafil) if taking nitroglycerin.
- You may take Nitrolingual as needed even if you are on longer lasting nitrates (pill or patch). Report any angina to your doctor so that adjustments may be made in your medical plan.

### SIDE EFFECTS:

- Headache
- Flushing of skin
- Low blood pressure (dizziness, lightheadedness, weakness, collapsing)
- Burning under the tongue

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