

# Taking Nitroglycerin

Nitroglycerin relieves angina (chest pain) by getting more blood and oxygen to your heart. Fast-acting nitroglycerin stops an angina attack. Long-acting nitroglycerin prevents angina. You may have one or both kinds. Follow the steps below for fast-acting nitroglycerin. Follow the steps on the other side of this sheet for long-acting nitroglycerin.

## To Stop an Angina Attack

### **1** If you use tablets:

- Sit down.
- Place one tablet under your tongue. Or place it between your lip and gum or between your cheek and gum.
- Let the tablet dissolve all the way.  
**Do not** swallow or chew the tablet.

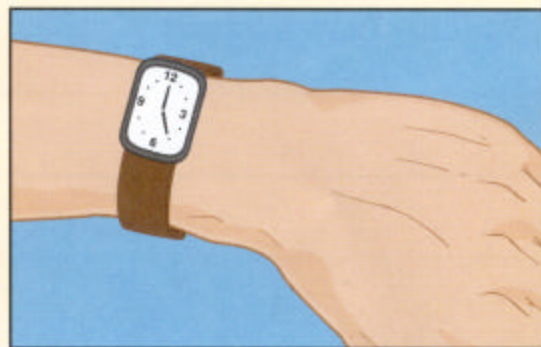
### If you use spray:

- Sit down. Open your mouth and hold the sprayer just in front of your mouth.
- Press the button on the top. Spray once under your tongue or inside your cheek.
- Close your mouth. Then wait a few seconds before you swallow.



### **2** After taking one tablet or spraying once:

- Sit for 5 minutes. If you still have angina, take a second tablet or spray a second time.
- Sit for another 5 minutes. If the angina still has not gone away, take a third tablet or spray a third time.



## When to Call for Emergency Medical Help

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