

Using your GTN spray to treat your chest pain/discomfort

This leaflet explains how to use your glyceryl trinitrate (GTN) spray for chest pain/discomfort. If you have any questions or concerns, please speak to a doctor or nurse caring for you.

What is GTN spray and how does it work?

Glyceryl trinitrate (GTN) is a spray used to relieve angina (chest pain). When sprayed under the tongue, it relaxes and widens blood vessels in the heart and in the rest of the body.

How do I use the medicine?

See instructions alongside. Please note that GTN is for angina (chest tightness/discomfort, or effort related breathlessness) and not for other heart conditions such as palpitations (heart fluttering) or dizziness.

Are there any side effects?

Common side effects are a result of the widening of the blood vessels in other areas of the body apart from the heart. Headaches can be relieved by taking paracetamol (following the instructions on the packet). Dizziness can be minimised by sitting or lying down. Both of these side effects are temporary and usually become less of a problem over time.

Is there anything else I need to know?

You should carry your GTN spray with you. Always read the leaflet that comes with the spray and see your doctor or pharmacist if you have any questions or concerns.

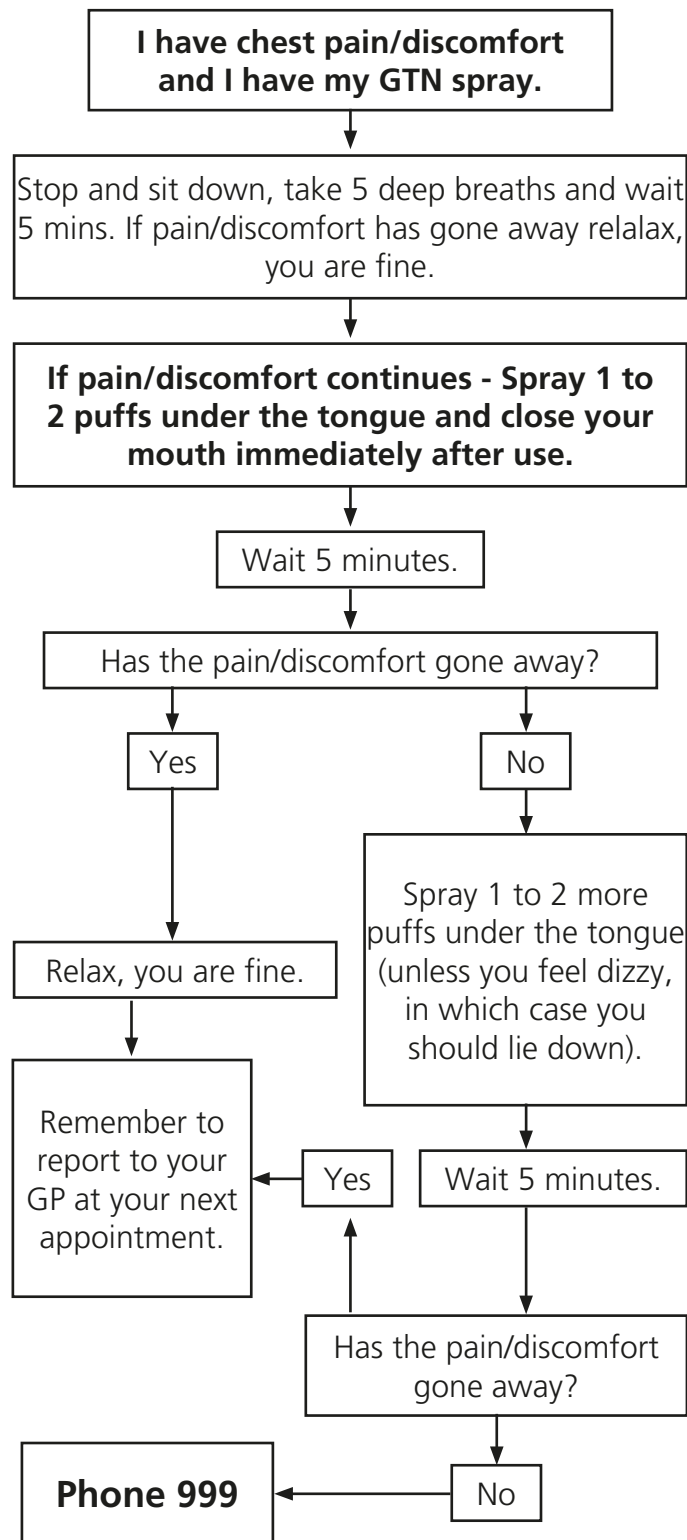
It is very important that your GTN spray is always in date. Please check the expiry date of your spray regularly and get a new prescription from your GP before this has passed.

Please report to your GP if your chest pain symptoms increase or if they start to occur at rest, or with less activity than you are used to.

Can I take GTN spray with my other medicines?

Most of the medicines prescribed for your heart, and other conditions are safe to take with GTN and the doctor or nurse prescribing the spray for you should check your existing medicines. Please check with the pharmacist if you are buying any other medicines yourself ('over the counter'). For example, it is not safe to use GTN alongside drugs for erectile dysfunction (sildenafil, Viagra®, Cilais®, for example).

How to use your GTN spray



The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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Designed by Graphics (Print & Design), RD&E (Heavitree)