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## **Your Nitrate Medication**

This medication comes in two forms:

Spray and tablets.

- ◆ Glyceryl Trinitrate (GTN) is used to help relieve the pain of angina. (Pain or discomfort in the heart, felt usually in the chest but may be also be felt in the jaw, throat, one or both arms, shoulders and back). It helps to open the coronary arteries and improves the blood supply to the heart muscle.
- ◆ It can also be used prior to exercise or activity if it is felt it could trigger pain.
- ◆ Taken under the tongue it takes effect between 30 seconds to 5 minutes.
- ◆ Stop what you are doing, sit down if possible, rest and try to relax.
- ◆ If you have been prescribed GTN spray or tablets place tablet or two puffs of spray under your tongue. **Wait 5 minutes.**
- ◆ If this dose does not work, repeat again for a second time. **Wait 5 minutes.**
- ◆ If pain persists after 2 doses (10 minutes) dial. 999 immediately for an ambulance.

TELL THEM YOU HAVE CHEST PAIN. DO NOT drive yourself to hospital

- ◆ If you are not allergic to aspirin, chew an aspirin tablet (300mgs) if there is one easily available. Just stay resting until an ambulance arrives.

[www.nhsdirect.co.uk](http://www.nhsdirect.co.uk)  
[www.bhf.org.uk](http://www.bhf.org.uk)

This information leaflet is to be used as a guide.

If you have any concerns or questions regarding your GTN spray, please discuss them with your nurse or doctor.

## **Useful Telephone Numbers**

Royal Gwent Hospital, Newport  
Tel. No:- 01633 - 234234

Nevill Hall Hospital, Abergavenny  
Tel. No:- 01873 - 732732

Cardiac Rehabilitation, Newport  
St Woolos Hospital  
Tel. No:- 01633 – 238398 (office hours)

Cardiac Rehabilitation, Abergavenny  
Nevill Hall Hospital  
Tel. No:- 01873 – 732510 (office hours)

Cardiac Rehabilitation, Caerphilly  
Ysbyty Ystrad Fawr Hospital  
Tel. No:- 01443- 802265 (office hours)

Cardiac Rehabilitation, Pontypool  
County Hospital  
Tel. No:- 01495 – 768713 (office hours)