

# Nitroglycerin

Nitroglycerin is a medicine used to treat chest pain called angina. Take nitroglycerin as directed by your doctor.

- If you are pregnant or breastfeeding, **talk to your doctor** before using this medicine.
- Always keep your nitroglycerin with you.
- This medicine may make you dizzy or lightheaded when you stand up or get out of bed. Get up slowly from a sitting or lying position.
- Avoid alcohol while using nitroglycerin.
- Keep nitroglycerin in its original bottle to keep its strength. The medicine should cause a sting or a tingle under your tongue.
- Keep the medicine out of the reach of children.

## **If you use tablets:**

1. Sit down and rest 2-3 minutes.
2. If you have chest pain or discomfort that is not better with rest, place 1 tablet under your tongue. Do not swallow the tablet.
3. If you still have chest pain after 5 minutes, put a second tablet under your tongue.
4. If the chest pain does not go away after another 5 minutes, use a third tablet. You may take up to 3 tablets in 15 minutes.
5. If you still have pain, **call 911**. Do not drive yourself to the hospital because you may be having a heart attack.

# 硝化甘油

硝化甘油是用於治療稱為心絞痛的胸痛的藥物。請按醫囑服用硝化甘油。

- 如果您懷孕或哺乳，請先和您的醫生談一談，再使用此藥。
- 總是隨身攜帶硝化甘油。
- 此藥可能使您在站起來或下床時暈眩或頭昏眼花。由坐姿或臥姿起身時要慢。
- 使用硝化甘油時避免飲酒。
- 將硝化甘油保存在原裝瓶裡以保持其藥效。此藥在您的舌下會引起刺感或麻刺感。
- 將藥放在孩子接觸不到的地方。

## 如果您服用藥片：

1. 坐下並休息 2-3 分鐘。
2. 如果您有胸痛或不適，休息之後不見好轉，請在舌下放 1 片藥。不要吞嚥藥片。
3. 如果您在 5 分鐘之後仍有胸痛，請在舌下放第二片藥。
4. 如果胸痛再過 5 分鐘之後仍不消失，請服用第三片藥。您可在 15 分鐘內最多用 3 片藥。
5. 如果您仍有疼痛，撥打 911。不要自己開車去醫院，因為您可能會心臟病發作。

Nitroglycerin. Traditional Chinese.

**If you use spray:**

1. Sit down and rest for 2-3 minutes.
2. If you have chest pain or discomfort that is not better with rest, hold the can up with the spray button on top as close to your mouth as you can.
3. Press down on the button and spray the medicine onto your tongue or under it. Don't swallow right away. Wait 10 seconds.
4. If your chest pain lasts longer than 5 minutes, spray a second dose into your mouth.
5. If the chest pain does not go away after another 5 minutes, spray a third dose. You may use up to 3 sprays in 15 minutes.
6. If you still have pain, **call 911**. Do not drive yourself to the hospital because you may be having a heart attack.

Call your doctor **right away** if you have any of these side effects:

- Blurred vision
- Trouble breathing
- Fainting, dizziness or severe weakness
- Flushed or hot face
- Fast heartbeat
- Headache
- Nausea

**Talk to your doctor, nurse or pharmacist if you have any questions or concerns about taking nitroglycerin.**

## 如果您使用噴劑：

1. 坐下休息 2-3 分鐘。
2. 如果您有胸痛或不適，休息之後不見好轉，請將藥瓶盡可能靠近您的嘴部，噴鈕朝上。
3. 請按噴鈕，將藥霧噴在您的舌上或舌下。不要立刻吞嚥。等 10 秒鐘。
4. 如果您的胸痛延續超過 5 分鐘，對您的嘴裡噴第二次劑量。
5. 如果胸痛在又過了 5 分鐘之後仍不消失，再噴第三次。您可在 15 分鐘內最多用噴藥 3 次。
6. 如果您仍然疼痛，撥打 911。不要自己開車去醫院，因為您可能會心臟病發作。

如果您有任何以下副作用，請立刻打電話給您的醫生：

- 視力模糊
- 呼吸困難
- 昏暈、頭暈或嚴重虛弱
- 臉發紅或臉發熱
- 心跳快
- 頭痛
- 噁心

如果您對使用硝酸甘油有任何疑問或關注事項，請告知您的醫生、護士或藥劑師。

Nitroglycerin. Traditional Chinese.

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