

# 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.
- Ask your doctor if it is safe for you to drink alcohol while using nitroglycerin medicine.
- Keep nitroglycerin in its original bottle to keep its strength. The medicine should cause a sting or a tingle under your tongue. If not, you may need a new bottle of medicine.
- Keep the medicine out of the reach of children.

## **If you use tablets:**

1. Sit down and rest 2 to 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.

## **If you use spray:**

1. Sit down and rest for 2 to 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.

# 硝酸甘油

硝酸甘油是用于治疗称为心绞痛的胸痛的药物。请按医嘱服用硝酸甘油。

- 如果您怀孕或哺乳，请先和您的医生谈一谈，再使用此药。
- 总是随身携带硝酸甘油。
- 此药可能使您在站起来或下床时晕眩或头昏眼花。由坐姿或卧姿起身时要放慢。
- 请向医生咨询，瞭解使用硝酸甘油时是否应避免饮酒。
- 将硝酸甘油保存在原装瓶里以保持其药效。此药在您的舌下应该引起刺感或麻刺感。否则，您可能需要一瓶新药。
- 将药放在孩子接触不到的地方。

## 如果您服用药片：

1. 坐下并休息 2-3 分钟。
2. 如果您有胸痛或不适，休息之后不见好转，请在舌下放 1 片药。不要吞嚥药片。
3. 如果您在 5 分钟之后仍有胸痛，请在舌下放第二片药。
4. 如果胸痛再过 5 分钟之后仍不消失，请服用第三片药。您可在 15 分钟内最多用 3 片药。
5. 如果您仍有疼痛，**拨打 911**。不要自己开车去医院，因为您可能是心脏病发作。

## 如果您使用喷剂：

1. 坐下休息 2-3 分钟。
2. 如果您有胸痛或不适，休息之后不见好转，请将药瓶尽可能靠近您的嘴部，喷钮朝上。

Nitroglycerin. Traditional Chinese.

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 if you have any of these medicine side effects:**

- Flushed or hot face
- Nausea or vomiting

**Call your doctor or 911 right away if you have any of these side effects:**

- Trouble breathing
- Increased chest pain
- Dizziness, fainting or severe weakness
- Severe headaches
- Itching or swelling
- Blurred vision
- Dry mouth

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

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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 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 是心臟病發作。

如果您有任何以下副作用，請打電話給您的醫生：

- 臉發紅或發熱
- 噁心或嘔吐

請立刻打電話給您的醫生或撥打 **911**：

- 呼吸困難
- 胸部疼痛加重
- 昏暈、頭暈或嚴重虛弱
- 嚴重頭痛
- 搔癢或腫脹
- 視力模糊
- 口乾

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。

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