

# 硝酸甘油

## 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. Store it at room temperature away from moisture and heat.
- Be sure to replace the bottle if it has passed the expiration date.
- Keep the medicine out of the reach of children.

### If you use tablets:

1. When you have chest pain, sit down and rest. Place 1 tablet under your tongue and let it dissolve. Do not swallow, chew or crush the tablet.
2. If you still have chest pain after 5 minutes, put a second tablet under your tongue.
3. 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.

硝酸甘油是用於治療稱為心絞痛的胸痛藥物。遵醫囑服用硝酸甘油。

- 如果您懷孕或哺乳，請先諮詢醫生，再使用此藥。
- 請隨身攜帶硝酸甘油。
- 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請放慢。
- 請向醫生諮詢，瞭解使用硝酸甘油時是否應避免飲酒。
- 將硝酸甘油保存在原裝瓶裡以保持其藥效。室溫儲存，遠離濕氣和熱源。
- 如果已經過期，請務必更換瓶子。
- 將藥放在孩子接觸不到的地方。

### 如果您服用藥片：

1. 如您胸痛，坐下並休息。請在舌下放 1 片藥，使其溶解。請勿吞嚥、咀嚼或壓碎藥片。
2. 如果您在 5 分鐘之後仍有胸痛，請在舌下放第二片藥。
3. 如果胸痛再過 5 分鐘之後仍不消失，請服用第三片藥。15 分鐘內最多用 3 片藥。

4. If you still have pain, call 911. Do not drive yourself or have someone drive you to the hospital in a private car because you may be having a heart attack. Your condition could get worse on the way to the hospital.
5. If you have aspirin, chew 1 adult tablet (325 mg) or 4 baby aspirin tablets.

### **If you use spray:**

1. When you have chest pain, sit down and rest. Hold the can up with the spray button on top as close to your mouth as you can. Press down on the button and spray the medicine into your mouth towards the back of your throat.
2. If your chest pain lasts longer than 5 minutes, spray a second dose into your mouth.
3. 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.
4. If you still have pain, call 911. Do not drive yourself or have someone drive you to the hospital in a private car because you may be having a heart attack. Your condition could get worse on the way to the hospital.
5. If you have aspirin, chew 1 adult tablet (325 mg) or 4 baby aspirin tablets.

4. 如您仍疼痛，撥打 911。不要自己開車或讓別人開私家車送您去醫院，因為您可能是心臟病發作。在去醫院的路上，您的病情可能會惡化。
5. 如果服用阿司匹林，請咀嚼 1 片成人片劑 (325 毫克) 或 4 片兒童阿司匹林片劑。

### **如果您使用噴劑:**

1. 如您胸痛，坐下並休息。請將藥瓶盡可能靠近您的嘴部，噴鈕朝上。請按噴鈕，向喉嚨後方將藥霧噴入口中。
2. 如果胸痛延續超過 5 分鐘，向口中噴第二劑。
3. 如果胸痛在 5 分鐘之後仍不消失，噴第三劑。15 分鐘內最多用噴藥 3 次。
4. 如您仍疼痛，撥打 911。不要自己開車或讓別人開私家車送您去醫院，因為您可能是心臟病發作。在去醫院的路上，您的病情可能會惡化。
5. 如果服用阿司匹林，請咀嚼 1 片成人片劑 ( 325 毫克 ) 或 4 片兒童阿司匹林片劑。

## Call your doctor or 911 right away if you have:

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

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

## 如有以下狀況，立刻聯絡醫師或撥打 911：

- 呼吸困難
- 胸痛加劇
- 昏暈、頭暈或嚴重虛弱
- 多汗、面色蒼白
- 嚴重頭痛
- 搔癢或腫脹
- 癲癇或昏迷
- 視力模糊
- 口乾

若您對使用硝酸甘油有任何疑問或擔憂請諮詢您的醫生、護士或藥劑師。