

INOCA Patient Summary Sheet on GTN

(including hints and tips from INOCA patients themselves)

This sheet is not medical advice or recommendation. This is a summary sheet written in easy to understand, non-technical language about using fast acting GTN and includes tips from INOCA patients in the hope they might help other INOCA patients too.

As with any medication, only take GTN if you have been prescribed it by your doctor as not all medications are suitable for everyone.

What is GTN spray/tablet



GTN (glycerine trinitrate) is an angina medication to help blood get to the heart. Taking GTN can help stop the pain from angina.

GTN can either be a spray or a tablet that works really quickly.



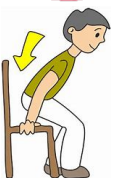
GTN sprays and tablets can also help to stop angina pain before it starts. GTN spray or tablets can be used before doing things that make your angina worse, like doing exercise, or going outside in cold weather.

Things that set off angina pain are called triggers. Angina triggers can be different for everyone.

Taking the GTN spray or tablet



GTN sprays and tablets need to be taken under the tongue.



Remember to sit down when you take the GTN spray or tablet. Sitting down is important because GTN can make you feel a little dizzy sometimes or may give you a headache.



If you get a headache when you take the GTN spray or tablet, having a painkiller like paracetamol may help. Always check with your doctor to make sure you are ok to take painkillers first.

Using a GTN Spray.



Hold the spray in front of your mouth

Take a deep breath.

Open your mouth and lift up your tongue



Press the top of the GTN spray bottle and spray under your tongue one or two times.

Your doctor will tell you how many times to spray.

Do not breathe in while spraying the GTN.

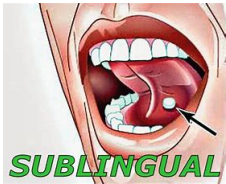


Close your mouth after spraying and breathe through your nose for a minute or two, if you can.



Remember to rest for a little while and to stand up slowly when you feel ok to.

Using a GTN tablet



Open the tablet bottle and take out ONE tablet.

Open your mouth.

Lift up your tongue and put ONE tablet under your tongue.



Close your mouth and try and breathe through your nose for a little while if you can.

Let the tablet melt. Do not drink anything until the tablet has melted under your tongue.

After Taking GTN spray or Tablet



Wait 5 minutes



If the pain is still there, take another (a second) spray or tablet.

Wait 5 more minutes.



If the pain is still there, take another (a third) spray or tablet.

Wait 5 more minutes.



If you have chest pain that is really bad or worrying, or that does not go away after around 15 minutes and taking the 3 lots of spray or tablets, you should always get medical advice as quickly as you can.



This may mean calling for an ambulance or getting someone who is with you to call an ambulance for you.



Please talk to your doctor or care team about when to call an ambulance because sometimes you may need more GTN spray/tablets to help make symptoms go away.

Hints and Tips from INOCA patients who use GTN spray/tablets.

1. Try to keep a GTN spray/tablets with you or near you if possible.



Here are some ideas of places where people sometimes like to keep a spare spray/tablet;



- In their coat pocket



- Bag



- Lanyard around their neck



- Car (if the temperature in the car is consistently BELOW 25°C or 77°F).



- Bathroom



- Bedside table

2. Things to check before taking the GTN spray or tablet

Always check to see if the GTN spray or tablet is in date. There will be a date under the spray bottle or on the tablet bottle to help you.



GTN spray can be ok to use for a long time.

GTN tablets can only be used for 8 weeks from opening the bottle.



If you have not used your GTN spray for a long time, it is always best to check if it is still working by doing a test spray into the air. Make sure it is safe to do this and do not spray onto furniture, clothes, near another person, near someone that is smoking, or near a flame, candle or fire.



It may help to take a pain-relieving tablet such as paracetamol if you get headaches when taking GTN spray or tablets. As long as your doctor or care team say it is ok for you to take painkillers like paracetamol.

3. Know Your Sprays

Both of the sprays pictured below are GTN sprays, but some patients have noticed slight differences



The spray in the white canister apparently takes effect a little quicker than the red one, but it can also sting a little bit more to take.



The spray in the red bottle apparently takes a little longer to work but does not sting as much to take and has a minty taste to it.

Please remember that it is very important to read the information leaflet included with your spray. You can always ask someone to help you if you would like some help in understanding it.