

Patient Information

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This information can be provided in a different language or format (e.g. large print or audio version) on request.

This is a smokefree Trust. Smoking is not allowed in any of our hospital buildings or grounds.

The Trust will not tolerate aggression, intimidation or violence directed towards its staff.

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Glyceryl Trinitrate (GTN) Spray

What is GTN spray used for?

GTN is a drug that is used to treat angina. Angina is the name given to the narrowing of the coronary arteries that restricts the blood flow to the heart causing pain in the chest. GTN spray opens up the arteries to allow blood and oxygen to return to the heart and relieve chest pain.

How do I use it?

● When you experience chest pain:

Stop what you are doing and sit or lie down.
Spray **two** puffs of GTN under your tongue
(No more than three puffs at any one time).

● After five minutes:

If the pain is not relieved, spray **two** more puffs under your tongue.

● After another five minutes:

If the pain continues, spray **two** more puffs under your tongue.

● After 15 minutes:

If there is no improvement after taking the spray for the third time, or your chest pain is getting worse, **call 999** for an ambulance to take you to the nearest Accident and Emergency department.

Do not attempt to make your own way to the hospital.

It is important you **do not** drive or allow family members to drive you there.

What should I do if I use GTN spray on a regular basis?

If you find you need to use GTN spray on a regular basis, please consult your GP as they may need to alter your medication.

Can I use GTN spray to prevent chest pain occurring?

Yes. If you know a certain activity, such as walking up a hill, will induce chest pain you can use your GTN spray to prevent it:

- **Five minutes before the activity:** Spray one or two puffs under your tongue.

What are the side effects of GTN spray?

- Taste disturbance (metallic taste)
- Flushing (reddening of the face)
- Palpitations
- Low blood pressure/feeling light headed or dizzy
- Headache (can be relieved by taking paracetamol)

These effects are usually mild and may only last a few minutes.

Please note: Do not drink, smoke or eat when using GTN spray. Drinking alcohol at the same time as using the spray can make some of the effects worse than usual.

Where can I find more information?

Please refer to the advice leaflet enclosed with the spray or contact your nurse, doctor or pharmacist.

Remember, if you experience chest pain:

- Two puffs of GTN spray
- Wait five minutes
- Two puffs of GTN spray
- Wait five minutes
- Two puffs of GTN spray

If at any stage the pain is getting worse or does not ease after 15 minutes **CALL 999**