

# Using your GTN spray to treat your chest pain

This leaflet aims to answer your questions about using your glyceryl trinitrate (GTN) spray to treat your chest pain/discomfort. If you have any questions or concerns, please speak to a doctor or nurse caring for you.

## What is GTN spray and how does it work?

Glyceryl trinitrate (GTN) is a spray used to relieve angina (chest pain). When sprayed under the tongue, it relaxes and widens blood vessels in the heart and in the rest of the body.

## How do I use the medicine?

You should carry your GTN spray with you at all times but only use it if you develop chest pain or discomfort. Spray two puffs under your tongue and follow the instructions overleaf.

## Are there any side effects?

Common side effects are a result of the widening of the blood vessels in other areas of the body apart from the heart. Headaches can be relieved by taking paracetamol (following the instructions on the paracetamol packet). Dizziness can be minimised by sitting or lying down. Both these side effects are temporary and usually become less of a problem over time.

## Is there anything else I need to know?

You should continue to carry your GTN spray with you unless otherwise instructed by your doctor. Always read the leaflet that comes with the GTN spray and see your doctor or pharmacist if you have any questions or concerns. Alternatively you can contact the cardiac rehabilitation team advice line on **t: 020 7188 0946** (Monday to Friday, 9am-5pm).

It is very important that your GTN spray is always in date, in case you need to use it. Therefore please make sure that you regularly check the expiry date of your spray and get a new prescription from your GP before this has passed.

Please report to your GP if you have an increase in your chest pain symptoms or if they start to occur when at rest.

## Where can I get a repeat prescription?

You can get repeat prescriptions from your GP.

