



## Nitrates

Medication Name	Brand Name
Isosorbide dinitrate	○ Isordil ○ Sorbidin
Isosorbide mononitrate	○ Duride ○ Imtrate ○ Monodur ○ Imdur durules durules ○ Isobide MR ○ Isomonit ○ Gen Rx Isosorbide mononitrate
Glyceryl Trinitrate	○ Lycinate ○ Anginine ○ Nitrolingual Pumpspray
Glyceryl Trinitrate Patch	○ Minitran ○ Transiderm ○ Nitro Dur Nitro

### What is it used for?

Nitrates are used to treat angina (chest pain). They relieve chest pain by opening up the blood vessels, which therefore delivers more blood and oxygen to the heart muscle and lowering blood pressure. Nitrates also reduce how much oxygen is actually required by the heart muscle and can be used for people with congestive heart failure.

### How to take this drug

- ◆ Isosorbide dinitrate tablets are taken two or three times a day. The nitrates are absorbed by the stomach and the effect lasts for about 6 hours. If you miss a dose do not take it if you are due your next dose soon, and take the next dose at the usual time.
- ◆ Isosorbide mononitrate is the same as above, except that the dose is taken only once a day, as the medication lasts longer. Tablet maybe halved but should not be crushed or chewed.
- ◆ Glyceryl trinitrate is a very short acting medication designed to be used only when you are actually having angina symptoms. Take Glyceryl trinitrate as shown on your angina management plan.
- ◆ Glyceryl trinitrate patches are put on your skin and the paste on the inside is absorbed into your skin over a period of time. The effect of the medication lasts as long as you are wearing the patch.

For nitrates to work well, you need a period of time when you are not covered by the medication. This is so your blood vessels remain sensitive to nitrates.

**Take this medication only as the directions say on the pharmacy label.**

### Before taking this medication it is important to tell your doctor if you:

- Are pregnant or plan to become pregnant
- Are breast feeding
- Are sensitive or allergic to other nitrate medications

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Healthy Living NT  
 is the trading name of the  
 Diabetes Association  
 of the Northern Territory  
 Incorporated.

**Other important facts**

- When using the short acting glyceryl trinitrate sit down as you may experience sudden dizziness as this medication can lower your blood pressure.
- Never share your medicines with anyone.
- Keep medicine out of reach of children.

**If you have any queries about your medications, talk to your Doctor or pharmacist. This information is only designed for use as an educational aid and is general in nature.**

*This resource was produced using information from Hospital Pharmacy Services and current medication guidelines.*