

ANGININE AND NITRO-GLYCERINE MEDICATION

Considerations for Travelling Nomads



This information sheet aims to provide you with information about medications that are prescribed for your chest pain ONLY. Do NOT take this type of medication if they are not prescribed for you specifically. Never take this medication for any other health problem. If the medication does not resolve your chest pain after taking the recommended dose advised by your doctor, seek medical assistance.

Anginine (*Glyceryl trinitrate*) is one of the medications used to treat angina or chest pain safely in the community setting. Chest pain or angina is the feeling of discomfort in the chest that often travels to your arms, neck or jaw. The pain is caused by a reduced supply of oxygenated blood getting to the heart muscle. The pain can be brought on by exertion, stress, or sometimes at rest, and can be associated with breathlessness.



Never ignore your chest pain symptoms as Perseveration of heart muscle is paramount!

The reason you take the Anginine is because it is a nitrate and works by dilating blood vessels and arteries and thus increase oxygenated blood flow to the heart and other organs. The chest pain will stop when the oxygenated blood supply returns to the heart. Should our chest pain continue you need to phone the ambulance service so that supplementary oxygen therapy can be commenced, to prevent further injury or muscle tissue death.

Anginine comes in a small white scored tablet form which can easily be broken in two doses. The tablet (one or half) is placed under your tongue. It will quickly dissolve and be absorbed. Anginine contains 600 microgram of the active ingredient Glyceryl trinitrate, and Contains; lactose, dextrin, wheat starch, mannitol, glycerol, magnesium stearate.



Anginine is absorbed through the lining of your mouth.

- Place your Anginine tablet under your tongue or in your cheek and allow to dissolve.
- It will dissolve more easily if your mouth is not dry.
- **DO NOT SWALLOW, CHEW OR CRUSH** your Anginine tablet, as swallowed Anginine tablets are **NOT EFFECTIVE**.
- While the tablet is dissolving, avoid any eating, drinking or smoking until the tablet has completely dissolved.
- Sometimes you may feel tingling in your mouth when using Anginine. However, the tablet still works even if you do not feel tingling.

Recommended Dosing for chest pain.

- Place ½ to 1 tablet under the tongue and wait 5 minutes
- If the angina symptoms are still there after 5 minutes take another Anginine Tablet

If there is no relief of symptoms after a total of 10 minutes, take a further Anginine tablet. Treat it as a heart attack; **ring an ambulance on 000 or 112 on mobile phone** so you can be transported safely & quickly to the hospital

- Do not take more than a total of 3 Anginine tablets in 10 minutes
- Never take more than one Anginine tablet at a time as this can drop your blood pressure causing dizziness and fainting
- If your blood pressure has dropped when taking Anginine, you can break the tablet into half or a quarter and safely and confidently
- When opening a bottle of Anginine write the date on it
- Discard bottle after 90 days (3 months) as the tablets lose their effectiveness
- Only use tablets kept in the bottle as sunlight and extreme heat destroys them. You will note that the bottle is brown in colour to further protect the tablets from sunlight.

Remember when chest pain comes on

- Stop what you are doing, sit or lie down immediately
- Take note of the time and use your Anginine tablets or GTN spray as instructed
- Always carry your Anginine/GTN spray with you
- Never leave your Anginine tablets in your car
- Never let Your Anginine tablets expire or run out
- Anginine tablets and GTN spray work in the same way; it is often personal preference or what your GP or Specialist has ordered which determines which medication you use.

Remember do not take Cialis or Viagra if taking Anginine

Possible side effects of Anginine

NB elderly patients may be more sensitive to Anginine and require less of a dose (eg. 1/2 Tablet)

- **Most usual is**
 - Headaches
 - light-headedness
 - low blood pressure, feeling faint or dizzy
 - flushing (redness) of the face
 - fast heart beat
- **Less usual**
 - blurred vision
 - dry mouth
 - severe and prolonged headache
 - slow heart beat
 - skin rash
 - severe dizziness or fainting (caused by impaired blood circulation to the brain)
 - weak or unusually fast heartbeat
 - severe headache
 - unusual tiredness or weakness
 - restlessness
 - worsening of your angina pain

See your doctor or pharmacist if you experience any of these symptoms

If you think you are having an allergic reaction to Anginine, immediately phone 000 or 112 (mobile) and/or get to the nearest emergency department. Do not take any more Anginine tablets until advised by ambulance/doctor

Symptoms of anaphylaxis usually include some or all of the following:

- asthma, wheezing or shortness of breath
- swelling of the face, lips or tongue
- difficulty in swallowing
- difficulty in breathing
- hay fever
- itching
- lumpy rash ("hives")
- fainting

- severe nausea (feeling sick) and vomiting
- bluish colour of lips, nails or palms of the hands

OVERDOSE: If overdose is suspected, contact your local poison control centre or emergency room immediately.

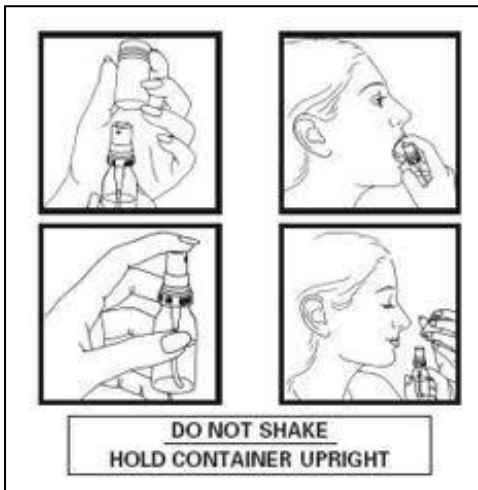
Overdose symptoms can include:

- nausea/vomiting, sweating, cold/clammy skin, bluish fingers/toes/lips.

NEVER share Anginine or GTN spray with others.

Nitro-glycerine Sub Lingual Spray

This medication works the same way as Anginine Tablets, and has the same side effects.



Dosing
Spray 0.4mg/spray



Angina, Treatment

1-2 spray(s) initially then may repeat spray in-5min, no more than 3 sprays in 15 minutes

Spray onto or under tongue; do not inhale, expectorate or rinse mouth for 5-10 minutes

Seek medical attention if pain persists after 3 doses in 15 minutes



Other nitrate products that may be prescribed include Nitro-glycerine patches. These patches are applied to the skin and release a prescribed dose over a 24 hour period. Some patches are applied in am and removed pm. The doctor will clearly advise how to use them to manage your condition.

When applying patches do not get the cream on your hands or you may get a significant headache. The cream side goes to the skin.

<http://reference.medscape.com/drug/nitrolingual-glyceryl-trinitrate-translingual-spray-nitroglycerin-translingual-342285>

<http://www.goldbamboo.com/pictures-t6038.html>

http://www.medicinenet.com/nitroglycerin_lingual_spray/article.ht

<http://www.google.com.au/imgres?q=photo+nitroglycerin+spray&hl=en&sa=X&biw=1366&bih=617&tbm=isch&prmd=imvns&tbnid=FOHnxwNaiyZ5>

www. MIMS/myDr January 2008