

Nitroglycerin Patch

Minitran[®]

Nitro-Dur[®]

Transderm-Nitro[®]

Trinipatch[®]

Pharmacy Services

This is intended as a general reference.

It does not replace the advice given to you by your healthcare provider.

What is nitroglycerin?

Nitroglycerin is in a group of medicines called nitrates. These medicines are “vasodilators” which means they relax (dilate) blood vessels. This allows more blood flow and oxygen to reach the heart muscle. Also, by relaxing blood vessels, the heart does not have to work as hard to pump blood around the body. This is helpful for people with heart failure.

What is angina?

Angina is chest pain that happens when your heart muscle does not get enough oxygen-rich blood. Angina is a sign that blood vessels of your heart are blocked. You might hear it called coronary artery disease or heart disease.

Angina can feel like a tightness, heaviness, pressure, or squeezing in the chest. Angina pain can also extend into the arm or shoulder, most often on the left side, as well as into the back and jaw. Some people do not have any pain at all. Instead, they might feel short of breath, feel weak, get very sweaty, or feel generally unwell.

What should I expect?

If you have angina, you can expect the nitroglycerin patch to reduce the number of times you have chest pain.

It takes time for the nitroglycerin patch to start working. Do not use it to get instant relief from chest pain. If you get chest pain while using the nitroglycerin patch, use your emergency angina medicine (nitroglycerin spray or tablet) and get medical care as soon as possible.

How do I use the nitroglycerin patch?

It is best to wear the patch for 12 hours each day and then remove it for 12 hours. Your body needs this time to clear the medicine from your system. This keeps your body from getting used to the medicine, making it less effective. The 12 hours without a patch allows the medicine to work as it is supposed to when the patch is in place.

Keep your patch supply in a dry place. Keep the patches out of reach of children and pets.

Where to put the patch

- Place the patch on a clean, dry area that is free of hair.
 - Do not place it on or near skin folds.
 - Do not place it in areas below the knee or elbow.
 - Do not place it over cuts, sores, or skin that is irritated.
- Rotate skin sites to keep your skin from getting irritated.
 - Do not use the same site more than one time each week.

How to put the patch on

- Wash your hands.
- Peel off one side of the plastic backing.
- Press the sticky side down onto the skin.
- Remove the other side of plastic backing.
- Press this side down onto the skin.
- Wash your hands in case you touched parts with medicine.

It is okay to shower or swim with the patch on. The patch should stay in place until it is time to remove it. It should not fall off.

If the patch does come off:

- Place it safely in the garbage.
- Put a new patch on for the rest of the 12 hours.

How to remove the patch

- Carefully lift one edge of the patch and slowly pull it off.
- Fold patch in half with sticky sides together.
- Place it safely in the garbage, out of reach of children and pets.
- Wash the skin and your hands to remove any leftover medicine.

Note: Used patches still contain nitroglycerin. It is important to keep used patches away from children and pets.

What should I watch for?

Most people tolerate nitroglycerin patches well. Some side effects to watch for:

- headaches – usually mild and improve with time
- feeling lightheaded or dizzy
- flushed or reddened face

Tell your doctor or pharmacist if any of these side effects bother you, don't go away, or get worse.



Other helpful points

Never take medicines for erectile dysfunction, such as sildenafil (Viagra®) or tadalafil (Cialis®). When taken with the nitroglycerin patch, you can get severely dizzy and lightheaded, and your blood pressure can drop to a dangerously low level.

Always check with your pharmacist or doctor before starting new medicines or supplements, including herbal medicines, and alternative and natural products.