
Nitroglycerin (NTG) Protocol

If you are having chest pain (angina) and your doctor has prescribed NTG, you should do the following. You may have tablets or a spray pump. Be sure to prime the pump of the spray bottle if you are using it for the first time or haven't used it in a few days.

1. Stop what you are doing and sit down – sometimes rest can help relieve chest pain (angina).
2. Take one nitroglycerin sublingual spray or tablet. Wait 5 minutes.
3. If chest pain (angina) does not go away, take another NTG sublingual tablet or spray. Wait 5 minutes.
4. If you still have chest pain (angina), act quickly. Call 9-1-1 (or your local emergency number) for assistance or go to a hospital emergency department. Do not drive yourself.
5. After you call for emergency help, you can continue taking NTG sublingual tablets or sprays at 5 minute intervals if needed to a maximum of 3 consecutive doses. (Take exactly as recommended by your doctor.)

Keep an eye on the expiry date of the NTG. NTG tablets are usually kept in a dark container.

Exercise extreme caution when also taking medications for erectile dysfunction:

- Do not take NTG within 24 hrs of taking Viagra or Levitra
- Do not take NTG within 48 hrs of taking Cialis

Call 9-1-1 if you are having chest pain (angina) in this case.