

# Using your GTN spray to treat your chest pain

The 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?

GTN is a spray used to relieve angina (chest pain). It relaxes and widens blood vessels in the heart and in the rest of the body when sprayed under the tongue.

## How do I use the medicine?

You should carry your GTN spray with you at all times but only use it should 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 as 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. All these side effects are temporary and usually become less troublesome with 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 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 when this has passed.

## Where can I get a repeat prescription?

Repeat prescriptions can be obtained from your GP.

## Useful sources of information

### Pharmacy medicines helpline

For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday.

### NHS Direct

Offers health information and advice from specially trained nurses over the phone 24 hours a day.

t: 0845 4647 w: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

