

ALDERFER & TRAVIS CARDIOLOGY, PC
670 Lawn Ave., Suite 3A Sellersville, PA 18960
Tel (215)257-9500 FAX (215) 257-9500

ISOSORBIDE MONONITRATE - ORAL

USES: This medication helps to widen blood vessels so blood flows better. It is used to prevent angina (chest pain).

HOW TO TAKE THIS MEDICATION: Take this medication exactly as prescribed. Try to take it at the same times each day so you remember to take it.

The morning dose (or first dose) and the afternoon dose (or second dose) should be taken 7 hours apart.

Do not stop taking this medication without consulting your doctor. Some conditions may become worse when the drug is abruptly stopped. Your dose may need to be gradually decreased.

It is important to continue taking this medication routinely to prevent episodes of chest pain. This is not helpful in relieving chest pain once it occurs.

SIDE EFFECTS: Headache, dizziness, flushing, rapid heartbeat or restlessness may occur as your body adjusts to the medication. If they persist or become bothersome, inform your doctor.

To prevent dizziness and lightheadedness when rising from a seated or lying position, get up slowly.

Notify your doctor if you experience blurred vision, dry mouth, skin rash or nausea.

Headache is often a sign the medication is working. Treat headaches with an aspirin or non-aspirin pain reliever as recommended by your doctor. If the headaches continue or become severe, notify your doctor.

PRECAUTIONS: Tell your doctor if you have ever had angle-closure glaucoma, have blood disorders, low blood pressure, recent head injury, recent heart attack, or if you have any allergies especially to nitrates.

This medication should be used only if clearly needed during pregnancy. Discuss the risks and benefits with your doctor. Since small amounts of this medication are found in breast milk, consult your doctor before breast-feeding.

To avoid dizziness and lightheadedness when rising from a seated or lying position, get up slowly. Also limit your intake of alcoholic beverages and avoid overheating which will aggravate these effects.

DRUG INTERACTIONS: Tell your doctor of any over-the-counter or prescription medication you may take especially any medication for

blood pressure, certain medications for migraines (ergot alkaloids) or high doses of aspirin.

NOTES: Some persons may develop a tolerance to the effects of this medication over time. Notify your doctor if the medication appears to be losing its effectiveness or if the chest pain continues while taking this drug.

MISSED DOSE: If you miss a dose, take it as soon as remembered; do not take it if it is near the time for the next dose, instead, skip the missed dose and resume your usual dosing schedule. Do not "double-up" the dose to catch up.

STORAGE: Store medication in a cool dry place between 36 and 86 degrees F (2 to 30 degrees C) in a tight container. Do not store in the bathroom.

Your condition can cause complications in a medical emergency. For information on enrollment call Medic Alert(TM) at 1-800-854-1166. In Canada call 1-800-668-1507.