

**ALDERFER & TRAVIS CARDIOLOGY, PC**  
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NITRATES - ORAL

**USES:** This medication relaxes blood vessels allowing more blood to flow through. This improves blood flow to the heart. Oral dose forms are used to prevent angina (chest pain). This medication is NOT for treating an attack of chest pain that is already happening.

**HOW TO TAKE THIS MEDICATION:** This medication is best taken on an empty stomach with a full glass of water.

Take exactly as prescribed. To be effective in preventing chest pain, you must continue taking this drug even if you feel well.

Sustained-release or long acting tablets and capsules must be swallowed whole. Crushing or chewing them destroys the long action and may increase side effects.

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

Notify your doctor if the medication does not appear to be as effective. Do not increase your dose or take it more often than prescribed without consulting your doctor.

**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.

In the unlikely event you have an allergic reaction to this drug, seek medical attention immediately. Symptoms of an allergic reaction include rash, itching, swelling, dizziness or trouble breathing.

**PRECAUTIONS:** Before using this medication tell your doctor your medical history especially of heart problems, head injury or surgery, glaucoma, thyroid conditions, anemia, alcohol usage and of drug allergies.

Use caution engaging in activities that require alertness or in operating machinery if this medication makes you dizzy or

drowsy.

Alcoholic beverages may increase the risk of fainting or of experiencing dizziness.

This medication should be used during pregnancy only if clearly needed. Discuss the risks and benefits with your doctor.

It is not known if this drug is excreted into breast milk. Consult your doctor before breast-feeding.

**DRUG INTERACTIONS:** Tell your doctor of all medications you may use including prescription and nonprescription drugs, especially if you use drugs for high blood pressure, certain migraine drugs (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 as soon as remembered; do not take if it is almost 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 this medication away from heat or flame. Always keep this medication in its original container. Keep container closed tightly to avoid moisture.

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.