

# Nitrogud Tablet

Nitroglycerine (Glyceryl Trinitrate) 2.6 mg SR.

## **Description**

Nitrogud 2.6 MG Tablet is an effective medicine to prevent and treat chest pain (angina). Angina is caused due to the narrowing of blood vessels that carries blood to the heart muscle. It is used in various forms viz. sublingual tablets, patches, sprays, injections.

## **Mode of action-**

Nitrogud acts on the enzyme nitric oxide stimulating guanylate cyclase in the vascular smooth muscle cells resulting in the relaxation of smooth muscles. It reduces venous return (preload) and facilitates subendocardial blood flow with redistribution into ischaemic areas. It relieves coronary vasospasm and dilates arterioles reducing afterload. It is useful for relief and prevention of anginal attacks.

## **Onset of action**

The effect of this medication can be observed within an hour of oral administration. However, this time is subject to vary depending on the route of administration. The effect of this medicine can be observed within minutes of intravenous administration and takes about 30-60 when administered topically.

## **Duration of action**

The effect of this medication lasts for an average duration of 12 hours upon oral administration. This time duration is subject to variations depending on the route of administration.

## **SIDE EFFECTS OF NITROCONTIN TABLET SR**

Most side effects do not require any medical attention and disappear as your body adjusts to the medicine. Consult your doctor if they persist or if you're worried about them

Common side effects of Nitrogud

- Blurred vision
- Decreased blood pressure

- Dizziness
- Headache
- Increased heart rate
- Lightheadedness
- Paresthesia (tingling or pricking sensation)

## **HOW TO COPE WITH SIDE EFFECTS?**

*The occurrence of side effects varies from person to person. The following are a few ways of dealing with some of the common side effects. However, consult your doctor if these persist.*

- **Coping with Blurred vision**

You can consider washing your eyes with water. Avoid driving or using tools or machines if your vision is impaired. Do not take your next dose if your vision is still blurry. If it gets worse or does not improve, ask your doctor to recommend eye drops or talk about changing your medications.

- **Coping with Decreased blood pressure**

Get up slowly from a sitting or lying position. Try to avoid changing positions suddenly even in general. Try crossing your legs when you are sitting and wearing compression stockings. Drink plenty of water and try eating smaller, more frequent meals. Although salt is not good for everyone (and bad for some people), if you have low blood pressure increasing your intake of salt (sodium) can raise your blood pressure. Cut down the amount of alcohol you drink. If your blood pressure becomes very low, you should talk to your doctor.

- **Coping with Dizziness**

This is usually short-lived and should go away within a few days. If this happens, stop what you are doing and sit or lie down until you feel better. Lying still in a dark, quiet room may help reduce the spinning feeling. Sleep with your head slightly raised on two or more pillows. Get up slowly from a lying or sitting position. Get plenty of rest and try to relax as being anxious can make it worse. Try taking this medicine at bedtime to reduce the symptoms. Drinking plenty of water and ginger tea may also help. Avoid alcohol, caffeine and smoking as it will make you feel worse. Avoid driving or using tools or machinery until you feel better.

- **Coping with Headache**

Make sure you rest and drink plenty of fluids. Rest in a quiet, dimly lit room. Do not sleep more than you normally would. Do not strain your eyes (for example by looking at a screen). Do not drink alcohol. Headaches are usually temporary and usually go away with time. But, if they last longer or get worse, ask your doctor to recommend a painkiller.

- **Coping with Increased heart rate**

Breathe in slowly through your nostrils and then breathe out through your mouth. Repeat this until you feel calm. Try sitting cross-legged and drink plenty of water. Splash cold water or apply a cold towel or ice pack on your face for 20-30 seconds. It is important to make sure that you are not taking more than the prescribed dose. As a preventive measure, you should limit the amount of alcohol you drink and give up smoking. Also, cut down the amount of coffee, tea or cola you drink. In general, being physically active and eating a healthy well-balanced diet is good advice for any heart condition. If the condition does not improve, consult your doctor as they may need to change you to a different type of medicine.

- **Coping with Lightheadedness**

This is usually short-lived and should go away within a few days. If this happens, stop what you are doing and sit or lie down until you feel better. Lying still in a dark, quiet room may help reduce the spinning feeling. Sleep with your head slightly raised on two or more pillows. Get up slowly from a lying or sitting position. Get plenty of rest and try to relax, as being anxious can make it worse. Try taking this medicine at bedtime to reduce the symptom. Drinking plenty of water and ginger tea may also help. Avoid alcohol, caffeine, and smoking as it will make you feel worse. Avoid driving or using tools or machinery until you feel better.

- **Coping with Paresthesia (tingling or pricking sensation)**

Massaging the numb area can help improve blood flow and provide relief. Try warming your hands and feet if they are cold. In case they are hot, try cooling them down. Get plenty of rest as lack of proper sleep may worsen the condition. Reducing stress, avoiding alcohol, exercising regularly, and getting enough vitamins and nutrients through your diet can also make you feel better.

## **Warning and precautions**

Caution should be exercised in patients with history of liver or kidney impairment, underactive thyroid, malnutrition, chills, stroke, lung disease, increased eye pressure, mitral valve prolapse, during pregnancy and breastfeeding.

- Avoid abrupt withdrawal in patients who have received prolonged high dose infusions.
- Avoid alcohol consumption.
- It may cause dizziness, do not drive a car or operate machinery while taking this medication.

## **HOW TO USE NITROGUD TABLET SR**

Take this medicine in the dose and duration as advised by your doctor. Swallow it as a whole. Do not chew, crush or break it. Nitrogud 2.6 Tablet SR may be taken with or without food, but it is better to take it at a fixed time.

## **HOW NITROGUD TABLET SR WORKS**

Nitrogud 2.6 Tablet SR is a nitrate. It works by relaxing the blood vessels which decreases the oxygen demand of the heart and reduces its workload, thereby preventing/treating attacks of angina (chest pain).

## **WHAT IF YOU FORGET TO TAKE NITROGUD TABLET SR?**

If you miss a dose of Nitrogud 2.6 Tablet SR, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular schedule. Do not double the dose.

## **Indications**

- Angina pectoris

This medicine is used for the prevention and treatment of chest pain caused due to reduced blood and oxygen flow to the heart. Angina may be stable (happens after exertion and is

short lasting) or unstable (happens in an unpredicted manner and is more severe and long lasting)

- Hypertension during surgeries

This medicine is used to control increased blood pressure while a major surgical procedure is performed on a patient.

- Chronic anal fissures

This medicine is also used rectally to relieve pain caused due to anal fissures or tears on the wall of the rectum.

### **Commonly asked questions-**

#### **How long does it take for this medicine to take effect?**

The effect of this medicine can be observed within an hour of oral administration. However, this time is subject to vary depending on the route of administration. The effect of this medicine can be observed within minutes of intravenous administration and takes about 30-60 when administered topically.

#### **How long do the effects of this medicine last?**

The effect of this medicine lasts for an average duration of 12 hours upon oral administration. This time duration is subject to variations depending on the route of administration.

#### **Is it safe to consume alcohol while taking this medicine?**

Avoid the use of alcohol while taking this medicine.

#### **Is this a habit forming medicine?**

No habit forming tendencies were reported.

#### **Can this medicine be taken during pregnancy?**

The use of this medicine by pregnant women is not recommended unless necessary and the benefits outweigh the risks involved with use. Consult your doctor before using this medicine.

**Can this medicine be taken while breast-feeding?**

The use of this medicine is not recommended by breastfeeding women unless necessary. Consult your doctor before using this medicine.

**Can I take sildenafil if I am taking Nitrogud?**

No, you should not take sildenafil if you are taking Nitrogud. Taking these two medicines together can cause an excessive fall in blood pressure, which may even be life-threatening.

**What effect does Nitrogud have on blood pressure?**

Nitrogud decreases the blood pressure by relaxing the blood vessels, but is not recommended for the treatment of high blood pressure. The drop in blood pressure may cause lightheadedness, especially when changing your position suddenly.

**Does the effect of Nitrogud wear off after sometime?**

Yes, excessive use of Nitrogud may cause tolerance which means that Nitrogud may lose its effectiveness on you. Therefore, usually the doctors prescribe the smallest dose required for effective relief of acute angina attack. This helps maintain the effectiveness of Nitrogud.

**What does too much Nitrogud do?**

Excess Nitrogud may result in low blood pressure, sweating, nausea, vomiting, headache, weak and fast pulse. It may also cause weakness, lightheadedness on standing and the patient might even faint. The patient will require emergency medical treatment in such a case.

**Can I stop using Nitrogud as I feel better now?**

Stopping Nitrogud suddenly may bring on attacks of angina, especially if you have been using it for several weeks or more. Talk to your doctor who will advise you to reduce the dose gradually over 4 to 6 weeks before you stop using it completely.

**Does Nitrogud stop heart attacks?**

Nitrogud is prescribed to prevent attacks of heart-related chest pain (angina) in patients with coronary artery disease. In this disease the blood vessels (coronary arteries) which supply blood to the heart become narrowed because of which the heart has to work harder to get enough oxygen. Nitrogud prevents angina by relaxing the blood vessels so that the heart does not have to work very hard. Also, relaxation of coronary arteries increases the oxygen supply to the heart.

**Missed Dose instructions**

Contact your doctor immediately if you miss a scheduled dose of this medication.

**Overdose instructions**

Contact your doctor immediately if an overdose with this medicine is suspected.

Whenever you take more than one medicine, or mix it with certain foods or beverages, you're at risk of a drug interaction.

**Interaction of Nitrogud****Interaction with Disease**

Those who suffer from Acute myocardial infarction, Anemia and Hypotension should not use this medication.

**Interaction with Alcohol**

Limit the consumption of alcohol while taking this medication.

**Interaction with Medicine**

Do not use this medication in combination with Amitriptyline, Amlodipine, Prilocaine, Sildenafil, Riociguat, Dihydroergotamine and Heparin.

**Storage nitrogud**

Store this medication in a cool dry place and keep it in the original pack or container until it is time to take them. Store this medication out of sight and reach of children and pets.

**How to supply**

Nitogud to be taken orally and Nitrogud are available 10 tablets in a strip and one box contains 10 strip.