

## NITROGLYCERIN (Nitrolingual)

### **ACTION: Nitrate/Vasodilator**

- Dilates venous capacitance vessels, reducing blood return to the heart (reduced preload).
- Decreases systemic vascular resistance and facilitates cardiac emptying (reduced afterload).
- Decreases myocardial oxygen demand.
- Dilates coronary arteries.

### **INDICATIONS:**

- Chest pain of suspected cardiac origin.
- Acute pulmonary edema and congestive heart failure.

### **CONTRAINDICATIONS:**

- Hypersensitivity
- Hypotension and shock
- Recent use of phosphodiesterase inhibitors (all erectile dysfunction drugs).

### **POTENTIAL SIDE EFFECTS:**

- Hypotension
- Headache and flushing
- Syncope
- Tachycardia

### **ADULT DOSE/ROUTE:**

⇒ **Cardiac Chest Pain or Pulmonary Edema:** 0.4 mg sublingual spray or tablet. Repeat q5 min for continued chest pain if SBP >90 mmHg, max of 3 doses.

### **PEDIATRIC DOSE/ROUTE:**

⇒ Not indicated.

### **NOTES:**

- Elderly patients and / or dehydrated patients are more vulnerable to hypotension caused by the vasodilation.
- Nitrolingual spray can be administered either on top of the tongue, or underneath the tongue. Have patients open their mouths. Instruct them to hold their breath. Spray the NTG lingually or sublingually, and then tell the patients that they can close their mouths and resume normal breathing.

*Effective: 11/01/17  
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