

Nitroglycerin

Nitroglycerin is a medicine used to treat chest pain called angina. Take nitroglycerin as directed by your doctor.

- If you are pregnant or breastfeeding, **talk to your doctor** before using this medicine.
- Always keep your nitroglycerin with you.
- This medicine may make you dizzy or lightheaded when you stand up or get out of bed. Get up slowly from a sitting or lying position.
- Avoid alcohol while using nitroglycerin.
- Keep nitroglycerin in its original bottle to keep its strength. The medicine should cause a sting or a tingle under your tongue.
- Keep the medicine out of the reach of children.

If you use tablets:

1. Sit down and rest 2-3 minutes.
2. If you have chest pain or discomfort that is not better with rest, place 1 tablet under your tongue. Do not swallow the tablet.
3. If you still have chest pain after 5 minutes, put a second tablet under your tongue.
4. If the chest pain does not go away after another 5 minutes, use a third tablet. You may take up to 3 tablets in 15 minutes.
5. If you still have pain, **call 911**. Do not drive yourself to the hospital because you may be having a heart attack.

If you use spray:

1. Sit down and rest for 2-3 minutes.
2. If you have chest pain or discomfort that is not better with rest, hold the can up with the spray button on top as close to your mouth as you can.

Naytorogalaysariin (*Nitroglycerin*)

Nitroglycerin waa daawo loo isticmaalo in lagu daaweeyo xanuunka feedhaha ee loo yaqaanno *angina*. *Nitroglycerin* u qaado sida uu takhtarku ku faray.

- Haddii aad uur leedahay ama aad naas nuujiso, **takhtarkaaga la hadal** ka hor inta aadan isticmaalin daawadaan.
- Mar kasta hayso *Nitroglycerin* .
- Daawadaan waxaa laga yaabaa in ay caajis kugu riddo ama ku dawikhiso marka aad istaagayso ama sariirta ka soo kacayso. Si tartiib ah uga soo kac fadhiga ama jiifka.
- Ka fogow aalkolo markaad isticmaalayso *nitroglycerin*.
- Ku xafid *nitroglycerin* dhaladeedii asalka ahayd si aad awooddeeda u xafiddo. Daawadaan waa iney keentaan xanuun yar ama xat-xato carrabkaaga hoostiisa ah.
- Daawada ka fogee meesha ay carruurta ka gaaraan.

Haddii aad isticmaalayso kaniiniyo:

1. Fadhiiso oo naso 2-3 daqiiqadood.
2. Haddii aad feedho xanuun qabto ama lur aan ku soo roonaaneyn nasashada, 1 kaniini hoos dhig carrabkaaga. Ha liqin kaniiniga.
3. Haddii aad weli feedho xanuun qabtid 5 daqiiqadood ka dib, kaniiniga labaad dhig carrabka hoostiisa.
4. Haddii feedho xanuunku uusan kaa tagin 5 daqiiqadood ka dib, isticmaal kaniini saddexaad. Waxaa laga yaabaa inaad 3 kaniini qaadatid 15 daqiiqadood gudahooda.
5. Haddii uu xanuunku weli ku sii hayo, **wac 911**. Baabuur ha u wadanin isbitaalka, maxaa yeelay waxaa laga yaabaa in wadnaha lagaa qabto.

Haddii aad isticmaalayso buufis:

1. Fadhiiso oo naso 2-3 daqiiqadood.
2. Haddii aad feedho xanuun qabto ama lur aan ku soo roonaaneyn nasashada, qasaca daawada kor u qabo iyadoo meesha laga buufinayo ay afkaaga ugu dhowdahay sida aad awooddo.

Nitroglycerin. Somali.

3. Press down on the button and spray the medicine onto your tongue or under it. Don't swallow right away. Wait 10 seconds
4. If your chest pain lasts longer than 5 minutes, spray a second dose into your mouth.
5. If the chest pain does not go away after another 5 minutes, spray a third dose. You may use up to 3 sprays in 15 minutes.
6. If you still have pain, **call 911**. Do not drive yourself to the hospital because you may be having a heart attack.

Call your doctor **right away** if you have any of these side effects:

- Blurred vision
- Trouble breathing
- Fainting, dizziness or severe weakness
- Flushed or hot face
- Fast heartbeat
- Headache
- Nausea

Talk to your doctor, nurse or pharmacist if you have any questions or concerns about taking nitroglycerin.

3. Badhanka hoos u riix ka dibna daawada ku buufi carrabkaaga korkiisa ama hoostiisa. Isla markiiba ha liqin. Sug 10 ilbidhiqsi.
4. Haddii feedho xanuunkaagu sii socdo wax ka badan 5 daqiiqadood, mar labaad afkaaga ku buuxi daawada.
5. Haddii feedho xanuunku uusan tagin 5 daqiiqadood ka dib, mar saddexada isku buufi. Waxaad isticmaali kartaa ilaa 3 buufin 15 daqiiqadood gudahooda.
6. Haddii uu xanuunku weli ku sii hayo, **wac 911**. Baabuur ha u wadinnin isbitaalka maxaa yeelay waxaa laga yaabaa in wadnaha lagaa qabto.

Isla markiiba wac takhtarkaaga haddii isku aragto mid ka mid ah saameynadaan liddiga ah:

- Arag ceeryaamo ku jirto
- Dhibaato neefsasho
- Miyir beelid, war-wareer ama daciiftinnimo daran
- Wejiga oo ku casaada ama wejiga oo ku kululaada
- Wadne garaac xawaaraynaya
- Madaxa xanuun
- Lalabbo

La hadal takhtarkaaga, kalkaalisada ama farmashiistaha haddii aad wax su'aalo ama walaac ah oo ku saabsan nitroglycerin aad qabtid.

Nitroglycerin. Somali.

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