

# Daawada Nitroglycerin

## 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.
- Ask your doctor if it is safe for you to drink alcohol while using nitroglycerin medicine.
- Keep nitroglycerin in its original bottle to keep its strength. Store it at room temperature away from moisture and heat.
- Be sure to replace the bottle if it has passed the expiration date.
- Keep the medicine out of the reach of children.

### If you use tablets:

1. When you have chest pain, sit down and rest. Place 1 tablet under your tongue and let it dissolve. Do not swallow, chew or crush the tablet.
2. If you still have chest pain after 5 minutes, put a second tablet under your tongue.

Nitroglycerin waa daawo lagu daaweeyo xabad xanuun loo yaqaan angina. U qaado daawada nitroglycerin sida dhaqtarku kuugu qoray.

- Haddii aad uur leedahay ama aad naasnaujineysid, la hadal dhaqtarkaaga ka hor inta aadan isticmaalin daawadaan.
- Badanaa haysto daawadaada nitroglycerin.
- Daawadaan waxay kaa dhigi kartaa qof dawakhsan ama qof fudud marka aad istaagto ama aad sariirta kasoo degto. Si aayar ah fadhiga oga soo kac ama meesha aad hurudo.
- Waydii dhakhtarkaaga haddii aad cabi karto aalkoolada marka aad isticmaalayso nitroglycerin.
- U daa daawada nitroglycerin dhaladeeda rasmiga ah si awoodeeda aysan u dhummin. Ku kaydi heerkulka guriga meel aan qoyaan iyo kuleel lahayn.
- Hubi inaad dhalada bedesho haddii la dhaafo waqtiga ay dhacayso.
- Dhig daawada meel aysan gaarin carruurta.

### Haddii aad isticmaasho kiniiniyo:

1. Marka aad dareento xabad xanuun, fariiso oo naso. Carabkaaga hoostisa geli 1 kiniini una daa ha baaba'ee. Ha laqin, hana ruugin ama hana burburin kiniiniga.
2. Haddii aad wali dareemayso xabad xanuun 5 daqiiqo kadib, geli kiniini labaad afkaaga.

3. 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.
  4. If you still have pain, call 911. Do not drive yourself or have someone drive you to the hospital in a private car because you may be having a heart attack. Your condition could get worse on the way to the hospital.
  5. If you have aspirin, chew 1 adult tablet (325 mg) or 4 baby aspirin tablets.
3. Haddii xabad xanuunku kaa baabi'in 5 daqiiqo kadib, isticmaal kiniini saddexaad. Waxaad qaadan kartaa illaa 3 kiniini muddo 15 daqiiqo ah.
  4. Haddii aad wali xanuun dareemayso, wac 911. Gaari ha isku wadin ama qof isbitaalka haku geeyo gaari sababtoo ah waxaad la kulmi kartaa wadna istaag. Xaaladaada ayaa kasii dari karta inta aad u socoto isbitaalka.
  5. Haddii aad haysato xanuun baabi'iyaha aspirin, ruug 1 kiniini oo wayn (325 mg) ama 4 kiniini oo af aspirin ka yaryar.

### **If you use spray:**

1. When you have chest pain, sit down and rest. Hold the can up with the spray button on top as close to your mouth as you can. Press down on the button and spray the medicine into your mouth towards the back of your throat.
2. If your chest pain lasts longer than 5 minutes, spray a second dose into your mouth.
3. 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.
4. If you still have pain, call 911. Do not drive yourself or have someone drive you to the hospital in a private car because you may be having a heart attack. Your condition could get worse on the way to the hospital.
5. If you have aspirin, chew 1 adult tablet (325 mg) or 4 baby aspirin tablets.

### **Haddii aad isticmaasho daawada buufinta:**

1. Marka aad dareento xabad xanuun, fariiso oo naso. Kor u haay caaga ayadoo batoonka buufinta uu kor jiro afkaagana ugu dhaweenaya sida ugu macquulsan. Hoos u riix batoonka daawadana ku buufi afkaaga adoo gaarsiinaya gashaada dhuuntaada.
2. Haddii xabad xanuunkaagu sii jiro wax kabadan 5 daqiiqo, kuurada labaad ku buufi afkaaga.
3. Haddii xabad xanuunku kaa baabi'in 5 daqiiqo kadib, isku buufi markii saddexaad. Waxaad isticmaali kartaa illaa 3 daawo buufin muddo 15 daqiiqo ah.
4. Haddii aad wali xanuun dareemayso, wac 911. Gaari ha isku wadin ama qof isbitaalka haku geeyo gaari sababtoo ah waxaad la kulmi kartaa wadne istaag. Xaaladaada ayaa kasii dari karta inta aad u socoto isbitaalka.
5. Haddii aad haysato xanuun baabi'iyaha aspirin, ruug 1 kiniini oo wayn (325 mg) ama 4 kiniini oo af aspirin ka yaryar.

## Call your doctor or 911 right away if you have:

- Trouble breathing
- Increased chest pain
- Dizziness, fainting or severe weakness
- Sweaty, pale skin
- Severe headaches
- Itching or swelling
- Seizures or coma
- Blurred vision
- Dry mouth

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

## Wac dhakhtarkaaga ama 911 isla markaas haddii aad:

- Neefsasho dhib ah/ama neef qabatow
- Dareento xabad xanuun saa'id ah
- Dareento dawakhsanaan, miyir beelid ama laciifnimo saa'id ah
- Dareento dhidid, maqaar caddaan
- Dareento madax xanuun daran
- Dareento cuncun ama dhidid
- Dareento suuxdin ama kooma
- Dareento indho cayd
- Dareento af qalayl

La hadal dhakhtarkaaga, kalkaalisada ama farmashiilahaaga haddii aad qabtid wax su'aalo ah ama walwal ah oo ku aadan qaadashada nitroglycerin.