

How to use Glyceryl Trinitrate Sublingual Spray

硝酸甘油舌下噴劑
的使用方法



Gleneagles Hospital

HONG KONG

港怡醫院

Storage 保存方法

Glyceryl Trinitrate sublingual spray contains volatile ingredients and is extremely sensitive to heat and light.

- | Discard any unused drugs that has expired. Expiration date is shown on the bottle and packaging.
- | Store the spray in its original container and protect it from light.
- | Store it in a dry and cool environment. Avoid storing it in bathroom or refrigerator.
- | Glyceryl Trinitrate sublingual spray is an emergency medication that should be kept along with you at all times. However, as your body produces heat, please keep the spray in your bag, instead of pockets of your clothing.
- | Keep out of reach of children.
- | 硝酸甘油舌下噴劑屬易揮發性藥物，容易對光和熱產生反應。
- | 有效日期標示在瓶身及包裝盒上，切勿使用過期藥物。
- | 藥物應置於原裝容器內，在常溫避光下保存，並保持乾燥，以確保藥效。
- | 藥物應存放在陰涼及乾燥的環境中，切勿存放在浴室或雪櫃。
- | 硝酸甘油舌下噴劑是一種緊急藥物，出門時應隨身攜帶噴劑及放在手提袋內。不宜放置在貼身衣袋裏，以免體溫影響藥效。
- | 請小心擺放，避免兒童誤用。

This leaflet is for reference only. Please consult your doctor or pharmacist if you have any questions.

藥物小冊子只供參考之用，如有疑問可向醫生或藥劑師查詢。

Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR

Wong Chuk Hang Station (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵黃竹坑站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



Hospital address

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硝酸甘油舌下噴劑的使用方法



What is Glyceryl Trinitrate Sublingual Spray 甚麼是硝酸甘油舌下噴劑

Glyceryl Trinitrate Sublingual spray is used during angina attacks. It relieves chest pain by relaxing blood vessels of the heart. Glyceryl Trinitrate sublingual spray should be used as an emergency medication to save your life.

硝酸甘油舌下噴劑是一種緊急藥物，用於心絞痛急性發作，它通過放鬆心臟的血管以達致緩解心絞痛。

Symptoms of angina 心絞痛的症狀

- | Squeezing, tightness and fullness feeling in the chest, pressure and heavy weight feeling on the chest, or constriction in the center or left of the chest.
- | Chest discomfort is usually precipitated by exertion and relieved by rest.
- | The pain of angina is not like a sharp or stabbing pain, or pins and needles-like pain.
- | 心胸有壓迫感、緊縮感；胸痛，疼痛延伸至左肩、手臂，亦會反射至右肩、頸部、下巴、上腹部或後背。
- | 胸口悶悶的症狀常在活動量增加後出現，可在休息後得到緩解。
- | 心絞痛的痛楚與刺痛、針刺痛不同。

First time preparation for use 第一次使用預備方法

For a new bottle of Glyceryl Trinitrate sublingual spray, or spray that have not been used for more than a week, you will have to prepare the spray for use.

- | Spray a few puffs into the air
 - | When a fine mist can be seen in the air, the spray is ready for use.
- 當使用全新或超過一星期沒有使用的硝酸甘油舌下噴劑時，需以以下方法預先準備噴劑備用。

- | 對著空氣反覆按下噴霧，至噴嘴產生薄霧。
- | 待產生薄霧後，硝酸甘油舌下噴劑便可以使用。

How to use 如何使用

Step 1 步驟1

As soon as symptoms of angina appear, use the spray immediately.

當心絞痛症狀開始出現時，請立即用藥，切勿延至劇痛才使用。

Step 2 步驟2

The spray works by dilating blood vessels and therefore may cause dizziness and headache. You may sit down before taking it.

此藥物會令血管擴張，所以服用時有機會出現眩暈、頭痛等症狀，可坐着使用以減低以上情況出現。

Step 3 步驟3

Remove the plastic cover. Do not shake the container. 除下瓶蓋，不要搖動瓶身。

Step 4 步驟4

Hold the container upright. With the container close to your mouth, press the button to spray under your tongue. Do not inhale the spray.

保持瓶身直立，移動藥瓶到距離嘴巴最近的位置並向舌下噴藥物。不要吸入噴霧。

Step 5 步驟5

Release the button and close your mouth. Avoid swallowing immediately after using the spray.

閉上嘴巴。避免將噴霧直接吸入肺部或將藥物吞服入胃，讓藥物能在舌下充分吸收。

Step 6 步驟6

Repeat step 4 to 5 for a second dose in 5 minutes if symptoms are not relieved.

如症狀於五分鐘後仍然持續，請重複步驟4至5再次使用噴劑。

Step 7 步驟7

If symptoms persist for another 5 minutes, take a third spray. A maximum of 3 doses in 15 minutes can be taken for each attack. If symptom persists after 3 doses, dial 999 for ambulance or go to hospital Accident & Emergency Department immediately.

如五分鐘後症狀仍然持續，請使用噴劑第三次（十五分鐘內，最多只可使用噴霧三次）。如使用噴劑三次後，或心絞痛發生後的十五分鐘內症狀還無法解除，就應立即致電九九九或到醫院急症室求助。