

# How to use Glyceryl Trinitrate Sublingual Tablet

舌下含服硝酸甘油藥片  
的使用方法

On your side 護您同行



Gleneagles  
HONG KONG  
港怡醫院

Glyceryl Trinitrate sublingual tablets are used during angina attacks. It relieves chest pain by relaxing blood vessels of the heart. You should use Glyceryl Trinitrate sublingual tablets as an emergency medication to save your life.

硝酸甘油藥片(俗稱：脷底丸)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至緩解心絞痛。

## Symptoms of angina 心絞痛的症狀

- | Squeezing, tightness and fullness in the chest, pressure and heavy weight on 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 described as 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。
- | 胸口鬱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。

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 Hong Kong Hospital provides free shuttle bus service for public between MTR Ocean Park 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海洋公園站(A出口)及醫院(正門)。



Free Shuttle Schedule  
免費專車服務時間表

### MTR 港鐵



### Hospital address

1 Nam Fung Path,  
Wong Chuk Hang, Hong Kong

### 醫院地址

香港黃竹坑南風徑1號

### Mainline 電話

+852 3153 9000

### Service hotline 服務熱線

+852 2122 1333

### Fax 傳真

+852 2528 0081

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港怡醫院

Gleneagles Hong Kong Hospital

## Storage 保存方法

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

硝酸甘油藥片屬易揮發性藥物，容易對光和熱產生反應。

- | Store the tablet in its original dark brown glass container and keep it tightly-screwed. Protect it from light.
- | Do not keep cotton wool or other medications in the same container with Glyceryl Trinitrate sublingual tablets.
- | Store it in a dry and cool environment. Avoid storing it in bathroom or refrigerator.
- | Glyceryl Trinitrate sublingual tablet is an emergency medication that should be kept with you at all times. However, as your body produces heat, please keep the tablets in your bag, instead of pockets of your clothing.
- | Keep out of reach of children.

| 藥物應置於原裝棕色玻璃瓶內、在常溫避光下保存，並保持乾燥，以確保藥效。

| 一旦打開，請不要將棉花或其他藥物與硝酸甘油藥片存放在同一個容器。

| 藥物應存放在陰涼及乾燥的環境中，切勿放在浴室或雪櫃。

| 硝酸甘油藥片是一種緊急藥物，出門時應隨身攜帶藥片及放在手提袋內。不宜放置在貼身衣袋裏，以免體溫影響藥效。

| 請小心擺放，避免兒童誤服。

It is important to remember that the expiration date of the tablet is 8 weeks after the **removal of plastic seal**. Date the bottle after opening. The whole bottle should be discarded in 8 weeks regardless of the amount of tablets being used.

**開瓶後**請寫上日期，八星期後不可服用，餘下的藥物須連同原裝藥瓶棄掉。

## How to use 如何使用

### Step 1 步驟1

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

當心絞痛症狀開始出現時，請立即服用藥，切勿延至劇痛才服用。

### Step 2 步驟2

The tablet 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，可坐著服用以減低以上情況出現。

### Step 3 步驟3

Place 1 tablet under your tongue until it is completely dissolved. Do not swallow the tablet. If it does not dissolve within 5 minutes, spit it out and put another tablet under your tongue.

將一粒藥片含於舌下，直至完全溶解為止；切勿整粒吞服。如藥片五分鐘內不能溶解，將之吐出並含下另一粒藥片。



### Step 4 步驟4

Use second dose if symptoms are not relieved in 5 minutes.

如症狀於五分鐘內仍然持續，請服用第二粒藥片。

### Step 5 步驟5

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

服用第二粒後，如症狀仍持續五分鐘，請服用第三粒（十五分鐘內，最多只可服用三粒）。如服用藥片三次後症狀仍然持續，請撥打九九九召喚急救車或立即到醫院急症室求助。