Transiderm-Nitro® 10 (glyceryl trinitrate)

Patient Information Leaflet

What you need to know about Transiderm-Nitro® 10

Your doctor has decided that you need this medicine to help treat your condition.

Please read this leaflet carefully before you start to use the patches.

It contains important information. Keep the leaflet in a safe place because you may want to read it again.

If you have any other questions, or if there is something you don’t understand, please ask your doctor or pharmacist.

This medicine has been prescribed for you. Never give it to someone else.

Glyceryl trinitrate, the active ingredient in the Transiderm-Nitro is one of a group of medicines called vasodilators. These cause blood vessels to relax, increasing the supply of blood and oxygen to the heart and reducing the amount of work the heart has to do.

Transiderm-Nitro 5 and 10 are used to prevent angina attacks. Angina means a painful tightness in the chest. This is a good description of a typical attack, although the pain may also be felt in the arm or neck. The pain really comes from the heart muscle and is a sign that part of the muscle is not getting enough blood supply for the amount of work it has to do.

Transiderm-Nitro 5 is also used in patients who are receiving food or drugs directly into a vein (intravenously) to prevent irritation and the intravenous fluid leaking into the surrounding tissues.

2. Things to consider before you start to use Transiderm-Nitro

Some people MUST NOT use Transiderm-Nitro.

- Talk to your doctor if:
  - you think you may be allergic to glyceryl trinitrate or other nitrates or to any of the other ingredients of the Transiderm-Nitro. (These are listed in the end of the leaflet.)
  - you have very low blood pressure.
  - you have headaches, vomiting or seizures as a result of raised pressure inside the skull.
  - you have any problems with your heart because of faulty valves or inflammation.
  - you are taking any medicines for erectile dysfunction (male impotence).

- If you are hospitalised due to severe dehydration or loss of blood tell the doctor you are using a Transiderm-Nitro.

You should also ask yourself these questions before using the Transiderm-Nitro:

- Have you recently had a heart attack or do you have heart failure or other heart problems?
- Do you suffer from anaemia or lung disease?
- Are you pregnant or trying to become pregnant?
- Are you breast feeding?

If the answer to any of these questions is YES, tell your doctor or pharmacist because Transiderm-Nitro might not be the right medicine for you.

Are you taking other medicines?

Transiderm-Nitro interacts with a large number of other medicines. Tell your doctor or pharmacist if you are taking any of the following:

- Diuretics, water tablets
- Tranquilisers (e.g. chlorpromazine, fluphenazine, haloperidol, clozapine).

Always tell the doctor or pharmacist about all of the medicines you are taking. This means medicines you have bought yourself, as well as medicines on prescription from the doctor.

Will there be any problems with driving or using machinery?

Some people have reported feeling faint or dizzy when they have started to use the Transiderm-Nitro. You should not drive or operate machinery if you are affected.

Other special warnings

Be careful when drinking alcohol as the Transiderm-Nitro may affect you more than usual and you might feel faint or dizzy.

You might find that your GTN (glyceryl trinitrate) tablets or spray aren’t working as well as they used to. Discuss this with your doctor.

You must tell the doctor or nurse if you are wearing a patch before an MRI scan (Magnetic Resonance Imaging scan to visualise internal organs and tissues of the body) due to allergic treatment (treatment using hot wires) and before electrical treatment on the heart.

3. How to use Transiderm-Nitro

It is important to follow what your doctor says about how and when to use your Transiderm-Nitro. The dose will be on the pharmacist’s label. Check the label carefully. If you are not sure, ask your doctor or pharmacist.

The doctor will tell you how often to change the patch. Discard the old patch carefully because it will still contain a little of the active ingredient.

The side of the chest is a suitable place to apply the patch. Choose a different area of skin each time you apply a new patch. Leave several days between using the same patch of skin again.

4. How to apply the patch

1. Decide where you will put the patch. It is important that you put it on a hairless area to ensure that it sticks well. The side of the chest is recommended.

2. Wash the skin and dry it thoroughly to make sure the patch sticks well. Wait a minute until the skin feels quite dry.

To prevent angina

The usual dosage for adults and the elderly is one or two patches applied daily. The doctor will have decided which strength of patch you need.

You may be told to wear a patch all of the time or for only part of the day. Don’t forget to follow the doctor’s instructions exactly.

Diuretics

Do not stop using the patches suddenly without consulting your doctor first.
Sometimes patches are not enough to prevent all of your angina attacks and you may be given tablets as well. Make sure you know when you need to take the tablets.

To prevent skin irritation when you are receiving drugs intravenously into a vein

One Transiderm-Nitro 5 will be applied when the treatment is started and the patch changed every 3–4 days until the treatment is stopped.

Transiderm-Nitro is not suitable for children.

What if you forget to change your patch?

If you forget to change your patch, do not worry. Put on a new one as soon as you remember. Then go on as before.

What if you accidentally use too many patches?

If you accidentally apply too many Transiderm-Nitro, tell your doctor or nearest hospital casualty department immediately. Take your medicine pack with you.

4. Possible side effects

Transiderm-Nitro is suitable for most people. However, like all medicines they can sometimes cause side effects.

The side effects listed below have been reported:

More than 10% of people have experienced:

- Nausea (feeling sick) or vomiting (being sick).
- Up to 1 in 10 people have experienced:
  - Headaches. These will probably wear off after a few days. If necessary you can take mild painkillers e.g. paracetamol.
- Up to 1 in 100 people have experienced:
  - Reddening, itching or burning of the skin at the site of the patch.
  - Allergic skin reactions such as reddening or itching anywhere on the body.
- Up to 1 in 1,000 people have experienced:
  - Increased heart rate or palpitations.
  - Feeling faint or light-headed on standing, or feeling dizzy.
  - Flushing of the face.

If any of the symptoms become troublesome, or if you notice anything else not mentioned here, please go and see your doctor. He/she may want to reduce the dose or give you a different medicine.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard.

By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store Transiderm-Nitro

Keep out of the sight and reach of children.

Do not store above 25°C. Store in the original package. Do not open the sealed sachet until you are going to use the patch.

Do not use the patches after the expiry date which is stated on the carton and sachet label after 'Exp'. The expiry date refers to the last day of that month.

Remember if your doctor tells you to stop taking this medicine, return any unused patches to your pharmacist for safe disposal. Only keep this medicine if your doctor tells you to.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Further information

What Transiderm-Nitro contains:

The active ingredient is glyceryl trinitrate. Each patch contains a total of 50mg glyceryl trinitrate.

With each Transiderm-Nitro, your body will absorb approximately 10mg over 24 hours.

The other ingredients are lactose anhydrous, silica, ethylene-vinyl acetate copolymer, medical adhesive CH15, polyethylene terephthalate and aluminium and printing ink SICURA Typo UV.

What Transiderm-Nitro looks like and contents of the pack

Transiderm-Nitro is a flat, foil like patch sealed at the edges with white paste like filling, one side with a greyish orange backing film with imprint ‘CG DP’, the other side with an off-white protective liner.

Transiderm-Nitro comes in packs containing 28 patches.

Manufactured by: Novartis Pharmaceuticals UK Limited, Frimley Business Park, Frimley, Camberley, Surrey, GU16 7SR, UK.

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