



### Precautions 注意事項

- ◆ Avoid concomitant use of the tablet with Viagra® or Cialis®. Please seek advice from your doctor or pharmacist for details of your medications.  
勿與威而剛 (Viagra®)、犀利士 (Cialis®) 一起使用。請向醫生或藥劑師查詢藥物的詳細資料。
- ◆ Avoid drinking alcohol after taking the sublingual tablet as it can increase the risk of side effects.  
用藥後避免飲酒，酒精可加強藥物的副作用。
- ◆ Avoid operation of machinery or doing tasks which required high alertness as this medicine can cause dizziness, drowsiness or headache.  
由於藥物可能會導致暈眩或頭痛等症狀，用藥後避免從事機械操作、開車等需集中注意力之工作，以免發生危險。



Please scan the QR code for Information & Instructions for Other Medications.

如欲索取其他藥物資料及指引，請掃瞄二維碼。



### Disclaimer 免責聲明

The above information provided is for reference only. Please consult your doctor or pharmacy staff for any enquiries.

此資訊只供參考之用。如有任何疑問，請向主診醫生或藥房職員查詢。

### Contact 聯絡

Drug information hotline 藥物查詢熱線：2339 8964

Website 網頁: <https://www.hkbh.org.hk>

Pharmacy Department 10-2022

藥劑部 10-2022



## HOW TO USE GLYCERYL TRINITRATE (TNG) SUBLINGUAL TABLET 硝酸甘油藥片 (脷底丸)的使用方法



Pharmacy Department 藥劑部

## Steps of using TNG Sublingual Tablet 使用脗底丸的正確步驟

1. When chest pain occurs, sit down to reduce the side effect of dizziness.  
心絞痛發作時，應先坐下以減輕暈眩的副作用。
2. Do not swallow or chew the sublingual tablet.  
請勿吞嚥或咀嚼藥片。
3. Place **one tablet** under the tongue. Repeat the dose at 5-minute intervals if the symptom is not relieved. If chest pain persists after using **3 doses in 15 minutes**, you should **attend Emergency Department immediately**.  
將一粒脗底丸含於舌下。若 5 分鐘後，心絞痛還未紓緩，無論藥片是否完全溶化，可使用第二及第三劑量，每個劑量相隔 5 分鐘。若 **15 分鐘內已使用三個劑量**，而心絞痛仍未消除，**須立即到急症室求醫**。

## Common side effects 常見副作用

1. 頭痛 (Headache)



2. 暈眩 (Dizziness)



3. 臉紅 (Face Flushing)



4. 心跳加速 (Increased Heart Rate)



## Instructions for storing TNG Sublingual Tablets 貯存脗底丸須知



- ◆ Discard tablets **8 weeks** after first opening. It is recommended to write the date on the bottle when opening for the first time. Do not use the medicine if it has expired.  
藥物開啟後有效**八星期**。首次使用時可將開啟日期寫在藥樽上。切勿使用已過期的藥物。
- ◆ Drugs should be stored in the original glass container, do not transfer the tablets into other containers. Close the lid tightly after use.  
藥物應存放於原有的玻璃容器內，切勿自行隨意分裝或存於其他容器內。使用後請扭緊樽蓋。
- ◆ Please store the medicine in a cool, dry place and away from light. Do not refrigerate.  
請將藥物存放在陰涼乾爽地方及避光。不要存放在雪櫃內。



**Carry the medication with you at all times.**

**Do not put it close to your body as body temperature may reduce its efficacy.**

此藥需隨身攜帶。應避免將藥瓶存放於太貼近身體的地方，以免體溫影響藥物效用。



*Angina is a typical symptom of coronary heart disease, caused by narrowing of coronary blood vessels. This leads to reduced blood flow as well as oxygen supply to the heart muscles, and results in chest pain.*

*The role of TNG tablet is to dilate blood vessels, reduce the workload of the heart, increase the blood flow to the heart muscle, thereby improving the supply of oxygen to the heart.*

心絞痛是冠心病的典型症狀，由於冠狀動脈收窄，導致心肌的血流量和氧氣供應減少，引發心絞痛。

硝酸甘油片可使血管擴張，減低心臟的負荷，並能增加心肌之血液流量，從而改善心臟氧氣的供應。