# ISOSORBIDE MONONITRATE

*eye-so-sor-bide mon-oh-nye-trate*

## What does it do?

*Isosorbide mononitrate* is used to prevent angina pain. It relaxes the blood vessels, allowing more blood to flow to the heart.

## Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

## How should you take it?

Take *isosorbide mononitrate* regularly as directed with a glass of water.
Take the slow-release tablets at the same time each day. Swallow the tablet or the divided halves whole. Do not crush or chew.

## What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

## Can you take other medicines?

Some medicines available without a prescription may react with *isosorbide mononitrate* including:

- sildenafil (e.g. Viagra®) or similar medicines. DO NOT use these medicines with *isosorbide mononitrate*. It may cause severe side effects such as a heart attack.

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

## What side effects might you notice?

| Side Effects | Recommended action |
|---|---|
| Change in heartbeat, fainting | Tell your doctor |
| Headache, flushing | Common when treatment begins - if side effects continue or are severe, tell your doctor. |
| Stomach upset | Tell your doctor if troublesome |
| Lightheaded or dizzy after standing up | Stand up slowly. If it continues, or is severe, tell your doctor |

If you notice any other effects, discuss them with your doctor or pharmacist.

## Other information:

- Taking alcohol and *isosorbide mononitrate* at the same time may increase side-effects.
- Do not stop taking *isosorbide mononitrate* without talking to your doctor first.
- You may see the leftover shell of the tablet in your bowel motions – this is harmless.