

ISOSORBIDE MONONITRATE

Other names: Corangin[®], Duride[®], Ismo[®] 20



Important note: The following information is intended to add to, not replace, the knowledge and judgment of your doctor, pharmacist or other health care professional.

Why are you are taking this medicine?

Nitrates medicines like isosorbide mononitrate relax blood vessels supplying blood to the heart. This allows more oxygenated blood to reach the heart and prevent angina attacks (chest pain).

Also, nitrates can be helpful in the following conditions:

- To treat heart failure
- To lower blood pressure
- To treat chest pain after a heart attack

When to take this medicine

Long acting nitrates (e.g. Corangin or Duride) are taken once a day, usually in the morning. Do not crush or chew these long acting medicines.

The Ismo 20 brand is usually taken twice a day with at least 6 – 8 hours between doses.

DO NOT STOP taking nitrates without your doctor's permission. Stopping it abruptly can bring on angina (chest pain) or high blood pressure.

If you miss a dose

Take as soon as possible except when it is close to the time for your next dose. If it is almost time for next dose, skip the missed dose and return to your regular dosing schedule. You should not take two doses at the same time.

Side Effects

Unfortunately as well as having good effects, most medicines have some effects on your body that are unwanted. These are called *side effects*.

Call your doctor **immediately** if you have any of these side effects:

- severe headache
- fast heart beat
- fainting or severe weakness
- poor appetite
- blurred vision
- trouble breathing

Tell your doctor or pharmacist if any of these side effects worry you:

- mild headache
- upset stomach
- flushing of the face
- dizziness

The list of side effects is **not** complete. Tell your doctor or pharmacist if any side effects worry you.

Other Medication

Tell your doctor or pharmacist if you are taking any other medicine including herbal or complementary products and medicines you can buy without a prescription.

When this medication is started, it may reduce your ability to drive or operate machinery.

Nitrates in combination with alcohol can also reduce your driving ability.

It is not recommended to take sildenafil (Viagra), tadalafil (Cialis) or vardenafil (Levitra) with nitrates as they can cause a serious fall in blood pressure and even a heart attack.

Storage

Keep all medicines out of reach of children.

Read this leaflet and discuss any questions you have about your medicines with your doctor or pharmacist.