

Glyceryl trinitrate 0.2% w/w in yellow soft paraffin B.P ointment 20g

Please read this leaflet carefully before you start using Glyceryl trinitrate 0.2% w/w in yellow soft paraffin BP ointment.

Keep it in a safe place as you may need to refer to it again.

If you have any questions or if you are unsure about anything ask your doctor or pharmacist for advice.

What it is used for

Glyceryl trinitrate 0.2% w/w in yellow soft paraffin B.P ointment is used to promote the healing of the tear that has occurred in the skin of the anus (back passage) and reduce the symptoms of pain caused by the tear.

The tear in the skin lining the anus is called an anal fissure.

Glyceryl trinitrate works by relaxing the muscle around the anus (the anal sphincter), thereby reducing the anal pressure and increasing the blood flow to the area to allow healing to occur.

How it is used

Use the ointment as directed by your doctor.

Apply a small amount to your finger (approximately 2.5cm) and place the ointment just inside the anus. A finger covering, such as cling film or a disposable glove may be used to apply the ointment.

Use the ointment twice a day (morning and evening) or as directed by your doctor. Wash hands after use and dispose of finger covering appropriately.

Treatment generally continues until the pain has resolved or for up to a maximum of eight weeks.

The pharmacy department have supplied you with one pot of ointment which should last about three weeks.

If you need further supplies please contact your GP to ask him to prescribe it for you.

Side effects

All medicines have side effects, but they don't occur in all people who take them.

Speak to your doctor or pharmacist if any of the following side effects continue or if they become troublesome.

The most common unwanted effects of Glyceryl trinitrate ointment (which occur in less than one in 10 people who use it) are:

- Headache.

Most headaches will not be severe or long lasting and can be treated with simple painkillers (e.g. paracetamol). If the headache does not resolve or is unpleasant, please consult your pharmacist or doctor.

- Light-headedness or dizziness especially when getting up from a sitting or lying down position. If you begin to feel dizzy, sit or lie down until the feeling passes.
- Local burning or itching, diarrhoea (loose stools), rectal bleeding, fast or fluttering heartbeat, feeling sick and flushing. If troublesome, speak with your doctor.

If you experience any other symptoms which you think may be due to this medicine, speak with your doctor or pharmacist.

How to store the medicines

Do not store or use the ointment for longer than 8 weeks once it has been opened.

Keep all medicines out of the sight and reach of children

Store in a cool, dry place, away from direct heat and light

Do not share your medicine with anyone else.

Additional information

The information in this leaflet is not intended to replace your doctor's advice. If you require more information or have any questions please contact the hospital medicine information department:

Medicines advice for patients

If you have any questions about your medicines which have been prescribed from the Trust, Call us on: 020 8869 2762 (Monday to Friday 9am to 5pm)

Or email us via: www.nwlh.nhs.uk (Patients & Visitors/Medicines Advice for Patients)

How to obtain further supply

Once your GP has prescribed it for you, the community pharmacist will probably have to order the ointment for you. Therefore, please give them a few days notice before you run out.

There are a number of manufacturers that your pharmacist can obtain supplies from. At the moment the pharmacy orders the supplies from the manufacturing unit based within the Trust at Northwick Park Hospital:

Northwick Park Pharmacy stores department, Watford Road, Harrow, Middlesex, HA1 3UJ

Tel: 0208 869 2295 Fax: 0208 422 8503

For a translation of this leaflet or for an English version in large print, audio or Braille please ask a member of staff or call 0800 783 4372