



28. NITROGLYCERIN PASTE

a) Pharmacology

Nitroglycerin paste contains a 2% solution of nitroglycerin in a special absorbent paste. When placed on the skin, nitroglycerin is absorbed into the systemic circulation. In many cases, it may be preferred over nitroglycerin tablets because of its longer duration of action.

b) Pharmacokinetics

Nitroglycerin is a rapid smooth-muscle relaxant that reduces cardiac work and, to a lesser degree, dilates the coronary arteries. This results in increased coronary blood flow and improved perfusion of the ischemic myocardium. Relief of ischemia causes reduction and alleviation of chest pain. Pain relief following transcutaneous nitroglycerin administration usually occurs within 5 to 10 minutes, and therapeutic effects can be observed up to 30 minutes later. Nitroglycerin also causes vasodilation, which decreases preload. Decreased preload leads to decreased cardiac work. This feature, in conjunction with coronary vasodilation, reverses the effects of angina pectoris.

c) Indications

Patients in respiratory distress with moderate or severe symptoms and elevated systolic blood pressure.

d) Contraindications

- (1) Known hypersensitivity
- (2) Pediatric patient under the age of 13
- (3) Any patient having taken medication for Pulmonary Artery Hypertension (e.g., Adcirca™ or Revatio™) or erectile dysfunction (e.g., Viagra™, Levitra™, or Cialis™) within the past 48 hours. Medical consultation is required to override this contraindication.
- (4) Asymptomatic hypertension
- (5) Blood pressure below 90 mmHg systolic
- (6) Heart rate less than 60

e) Adverse Effects

Headache, dizziness, weakness, tachycardia, hypotension, orthostasis, skin rash, dry mouth, nausea, and vomiting.

f) Precautions

Patients taking the drug routinely may develop a tolerance and require an increased dose. Headache is a common side effect of nitroglycerin administration and occurs as a result of vasodilation of the cerebral vessels.

Postural syncope sometimes occurs following the administration of nitroglycerin. This should be anticipated and the patient kept supine when possible. It is important to monitor the blood pressure continuously.

g) Dosage

- (1) Adult: 1 inch of the NTG paste is applied. Measuring applicators are supplied.
- (2)  Pediatric: Requires medical consultation from Pediatric Base Station.