
Department of Cardiology/Pharmacy

Isosorbide Mononitrate

Action

Isosorbide mononitrate is used to stop you from getting angina attacks. Angina is a pain in your chest which you get when your heart does not get enough oxygen. It works by getting more blood to your heart. It also cuts down the work done by your heart.

Taking your isosorbide Mononitrate

The label on your medicine will tell you how many tablets or capsules to take. Follow the instructions carefully. There are **two** types of isosorbide mononitrate:

- **Slow-release tablets or capsules:** These are taken **once** a day. Your doctor will tell you to take the dose **either** each morning **or** each night. Swallow the tablet or capsule whole without chewing it.
- **Non-slow-release tablets:** these are usually taken **twice** a day. Your doctor will tell you when to take the tablets. Take the first dose in the morning. Take the second dose during the afternoon.
- (Less commonly, the tablets are taken three times a day).

Remember: You can take glyceryl trinitrate (GTN) if you get a sudden attack of chest pain.

Problems to watch for

- Isosorbide mononitrate might give you a headache when you start taking it. The headache usually goes away after a few days. Talk to your doctor if the headache is a problem for you.
- Isosorbide mononitrate can make you feel dizzy or faint when you stand up. You must stand up slowly and set off walking slowly if this happens.
- Isosorbide mononitrate can upset your stomach. Take the dose after a meal or with a glass of milk.
- Isosorbide mononitrate can have side effects. Tell your doctor if you have problems with:
 - Getting a flushed and red face.
 - Feeling that your heart is beating too fast.
- Tell your doctor if you notice any strange effects from taking your isosorbide mononitrate.
- Women who are pregnant or breast-feeding must talk to their doctor before taking isosorbide mononitrate. The doctor will want to discuss the risks and benefits with you.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



Document history

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