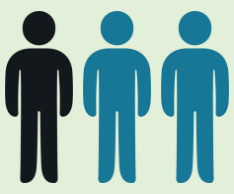
National Healthcare Group PHARMACY
Adding years of healthy life

Get trusted + reliable health advice

Use Glyceryl trinitrate (GTN) the Right Way!

Every day, **19 people die** from cardiovascular disease (heart diseases and stroke) in Singapore.

1 out of 3 deaths in Singapore, is due to heart diseases or stroke.



What is GTN?

Can GTN help to stop or reduce chest pain?

- Glyceryl trinitrate (GTN) is a type of medicine called a **nitrate**.
- Nitrates are **used to prevent and treat the symptoms of angina (chest pain)**. It can also help to relieve chest pain if an angina attack has already started.
- GTN is a **pharmacy-only medicine** and may be purchased without a prescription after a consultation with a pharmacist.

How does GTN work?

- Angina (chest pain) is caused by **lack of blood supply and oxygen** to your heart.
- Nitrates work by **relaxing blood vessels** so that more blood and oxygen is supplied to the heart.

How to use GTN?

1 Stop what you are doing, sit down and rest.

2 If the pain does not go away, place 1 GTN tablet under your tongue.

3 If the pain remains, use a second GTN tablet.

Wait 5 minutes

4 If the pain remains after waiting for 5 minutes, use the third GTN tablet.

Wait 5 minutes

5 If the pain remains after the third tablet, call 995.

HEALTH + advice tips

If your pain becomes worse at any point in time, or if you feel unwell (e.g. dizzy, short of breath, sweaty), call 995 immediately.

You may continue to take 1 GTN tablet every 5 minutes to relieve the attack while waiting for the ambulance.

Ask your Doctor or our Pharmacist before taking any medicines or if you are unsure of your condition.

Check here for more Frequently Asked Questions (FAQ) on GTN.

Buy Online

save 30%

Ocean Health
High Strength Omega-3 With Vitamin D3 60s
(U.P. $31.30)

$21.90

save 30%

Rebound
Flaxseed Oil 1000mg 200s
(U.P. $49.90)

$34.90

save 15%

Vitahealth
Kids' Omega-3 DHA & EPA Fish-I Care 60s x 3
(U.P. $77.80)

$66

MAHS2000214

Centrum
Multivitamin & Multimineral For Men, Women 50+ 60s

$45.90

Promotion ends on 13 Oct 2021 or while stocks last.

If you have a health condition, do seek advice from your healthcare professionals before consuming any health supplements.

click + collect

Self-collect at any pharmacies
in NHGP and NUP
(Except Ang Mo Kio)

click + deliver

Free delivery with $150 purchase
Night delivery available on weekdays, between 7pm and 10.30pm
(Minimum order of $50)