

Patient information

Isosorbide mononitrate

The information in this leaflet is intended for general guidance. If your doctor has given you different advice, follow their instructions.

Your GP may give you the same tablets known by a different name - the brand name. You should always check with your GP or pharmacist if you are unsure.

There are several types of isosorbide mononitrate tablets. Some tablets are designed to be taken only once daily. These may have the initials XL, LA, SR or Retard added to the name.

Due to the way the tablets or capsules release the drug it is very important that these tablets are swallowed whole. If your dosage is half a tablet then the half must be swallowed whole without crushing or chewing.

What are nitrates used for?

Nitrates are used to reduce the frequency with which you experience chest pains when you have angina.

How do they work?

They are 'vasodilator' drugs, which means that they widen or dilate blood vessels. When the drug dilates the coronary arteries, the oxygen supply to your heart muscle is improved, therefore reducing the episodes of chest pain.

What if I miss a dose?

If you have missed the dose and realise this within 12 hours please take the dose. If you completely forget, take your usual dose the next day. Do NOT take double the dose.

Possible side effects

- Headaches
- Flushing
- Dizziness

These usually occur during the first few days of treatment and wear off quickly.

Important points

If you are taking any of the following tablets for erectile dysfunction:

- Viagra (Sildenafil)
- Cialis (Tadalafil)
- Levitra (Vardenafil)

It is very important that you inform your Doctor, Nurse or Pharmacist as when used in combination with isosorbide mononitrate may cause a profound drop in blood pressure leading to loss of consciousness.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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