

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 this leaflet 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, please 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 help relieve the symptoms of pain caused by chronic anal fissures. An anal fissure is a tear in the skin lining the anal canal.

The ointment works by relaxing the muscle around the anus (the anal sphincter), by reducing the anal pressure and increasing blood flow to the area, thereby promoting healing.

How to use the ointment

- 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 four weeks.

If you need further supplies please contact your GP to ask if they can prescribe it for you. They may decide to use a higher strength preparation, which is available outside of the hospital.

Side effects

All medicines have side effects, although not everybody gets them.

Very common - occurs in more than 1 patient in 10

- Headaches, most 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.

Common - occurs in more than 1 patient in 100

- Light-headedness or dizziness especially when getting up from a sitting or lying down position.

Uncommon - occurs in more than 1 patient in 1000

- Burning or itching of the anal canal
- Diarrhoea (loose stools), rectal bleeding
- Fast or fluttering heartbeat
- Feeling sick
- Hot flushes

If any of the side effects gets serious or if you experience any other symptoms which you think may be due to this medicine, please speak to your doctor or pharmacist.

How to store the medicines

- Keep all medicines out of the reach and sight of children.
- Do not store or use the ointment for longer than 4 weeks once it has been opened.
- 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 the medicines which you have been prescribed from the Trust, Call us on: 020 8869 2762 (Monday to Friday, 9am to 5pm)

Or email us at: www.nwlh-tr.medinfo@nhs.net (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.

PALS is a confidential service for people who would like information, help or advice about the services provided by any of our hospitals. Please call 0800 783 4372 between 9am and 5pm or e-mail pals@nwlh.nhs.uk.

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.