



## **Nitroglycerine Ointment 0.2%**

You've been prescribed **nitroglycerin ointment** for your anal fissure.

### **WHY WAS THIS PRESCRIBED?**

This topical nitrate cream causes nitric oxide-mediated relaxation of the internal anal sphincter which helps relax this muscle and relieve the tension on your fissure (essentially a cut).

### **HOW DO I USE IT?**

Apply a pea-sized dot of cream to the skin immediately around your anus 2 to 3 times per day and after bowel movements. It's a good idea to wash your hands right after you apply the ointment as the skin on your fingers can absorb the medicine and increase your chance of headache.

### **WHAT ARE THE SIDE EFFECTS?**

Headache is the most common side effect. This may be an indication that too much of the medication is being applied. Please don't apply the ointment inside your anal canal as this will increase the absorption and increase your chance of headache. Other less common side effects include low blood pressure, rash, nausea, dizziness, and flushing. Please stop using the ointment if any of these symptoms occur.

### **PRECAUTIONS**

The tube containing the ointment should be stored at room temperature out of the way of direct sunlight. Always replace the cap immediately after squeezing out the required dosage. This medication becomes ineffective after using for several weeks. You should stop using it after 2 weeks of continuous use.

If you have any questions, please call us at 415.417.3377



# THE STERNBERG CLINIC

SURGEONS WHO LISTEN

## **Nitroglycerine ointment can only be called into certain pharmacies:**

### San Francisco:

- Walgreens at 1580 Valencia Street Suite 101, San Francisco, CA 94110 (415) 970-8001 (open Monday-Friday from 9:00am to 6:00pm) at St. Luke's Campus

### South Bay

- Walgreens at 395 S Mayfair Ave, #216, Daly City, CA 94015 (650) 756-4535 (open 24 hours)
- Walgreens at 45 S El Camino Real, Millbrae, CA 94030 (650) 697-3970 (open 24 hours)

### Marin County

- Ross Valley Pharmacy at 1525 E Francisco Blvd, Suite 1, San Rafael, CA 94901 (415) 924-2480

### Berkeley

- Abbott's Compounding Pharmacy at 2320 Woolsey St.(at Telegraph) Berkeley, CA 94705 (510) 548-8777