



Isosorbide 5-mononitrate (Extended Release)

Other names: IMDUR®

What is Isosorbide 5-mononitrate used for?

This medication is used to prevent angina. Angina is pain or an uncomfortable feeling in the chest, but can spread to the arms, neck, shoulders, or back. Isosorbide 5-mononitrate is **not** for immediate relief of sudden episodes of chest pain.

How do you take Isosorbide 5-mononitrate?

Take this medication at the same time every day. It may be taken with food or on an empty stomach. Taking the medication with food may decrease the chance of stomach upset.

What special instructions do you need to know?

- Do not crush or chew the tablets. This dosage form needs to be swallowed whole to work properly. If needed, the tablets may be broken in half along the scored line, but do not crumble the tablets.
- The shell of the tablet may appear intact in the stool. This is not a cause for concern.
- Do not take phosphodiesterase type 5 inhibitors while you are on isosorbide 5-mononitrate. Examples of phosphodiesterase type 5 inhibitors include Viagra (sildenafil), Cialis (tadalafil), and Levitra (vardenafil). Taking these medications with isosorbide 5-mononitrate can cause a life-threatening reduction in blood pressure.
- Try not to miss any doses. If you miss a dose, you can take it if you notice within 6 hours of your normal dosing time. Otherwise, skip the missed dose and take your next dose at the usual time.

Are there side effects from taking Isosorbide 5-mononitrate?

- Headache
- Dizziness
- Nausea and vomiting
- Sweating and flushing

These side effects do not usually require medical attention. If these symptoms become bothersome, contact your doctor.

When should you call your doctor?

- Stop the medication immediately if you notice signs and symptoms of an allergic reaction (itching, hives, swelling of the face/hands, or difficulty breathing)
- Throbbing, severe or ongoing headache
- Confusion, fever or changes in vision
- Severe or ongoing dizziness
- Lightheadedness or fainting
- Slow heartbeat or increased chest pain
- Excitation
- Cold sweats

What can you do to make sure your medication works properly?

Do not stop taking isosorbide 5-mononitrate without consulting your doctor. He or she may want to reduce your dose slowly.

Notes:

References:

- MICROMEDEX® Healthcare Series, (electronic version). Greenwood Village. (COL):Thomson Micromedex. c1974 - (cited: 07/2008). Available at: <http://www.thomsonhc.com>
- Facts and Comparisons 4.0 [online]. St. Louis (MO): Wolters Kluwer Health Inc, c.2005 - (cited 07/2008). Available at: <http://online.factsandcomparisons.com/index.aspx>.
- Compendium of Pharmaceuticals and Specialties (online, e-CPS). Ottawa (ON): Canadian Pharmacists Association, c2005. Available at: <http://www.intranet.capitalhealth.ca/pharmacy/ePublications1/index.asp>
- Capital Health Regional Pharmacy Services, Cardiology Pharmacists group. Patient Information Sheet: Isosorbide-5-mononitrate. Last revised: Sept. 19, 2003.