



**Hospital for Joint Diseases**

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## **Patient Instructions: Nitro-Dur Patches (Glyceryl Trinitrate) for Chronic Tendinopathy**

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### ***Use:***

Some studies have shown that Nitro-Dur (glyceryl trinitrate) patches are useful in boosting intrinsic healing in tendinopathy. It appears that the nitric oxide from the patches has a direct effect on stimulating the cells to produce the sustaining matrix for the collagen fibers in the tendon and can boost intrinsic healing of the tendinopathy.

### ***Directions:***

Use 0.2mg/hr patch directly over the area of tendinopathy. Begin using patch only 12 hours a day, and gradually build up to 24 hours a day if tolerated. Normally the patch is applied immediately after the early morning shower. Continue using patches for at least 3 months.

### ***Side Effects:***

Postural hypotension and headaches can occur especially early in treatment. Often these symptoms disappear within the early stages of treatment. Please remove the patch instantly if you experience any dizziness or headache. Restart patch therapy after being symptom free for 24 hours.

**\*Do not take Sildenafil Citrate (Viagra) when using these patches.**

**Comments:**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_