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PDE 5 Inhibitors

Tadalafil/Sildenafil/Avanafil Combinations

What Is The Most Important Information I Should Know About PDE 5 Inhibitors?

They can cause your blood pressure to drop suddenly to an unsafe level if it is taken with certain other medicines. You could get dizzy, faint, or have a heart attack or stroke.

Do not take PDE 5 inhibitors if you **take any medicines called “nitrates.”** Nitrates are commonly used to treat angina. Angina is a symptom of heart disease and can cause pain in your chest, jaw, or down your arm.

Medicines called nitrates include nitroglycerin that is found in tablets, sprays, ointments, pastes, or patches. Nitrates can also be found in other medicines such as isosorbide dinitrate or isosorbide mononitrate. Some recreational drugs called “poppers” also contain nitrates, such as amyl nitrite and butyl nitrite.

Ask your healthcare provider or pharmacist if you are not sure if any of your medicines are nitrates.

Tell all of your healthcare providers that you take a PDE 5 Inhibitor. If you need emergency medical care for a heart problem, it will be important for your healthcare provider to know when you last took this medication.

After taking a single lozenge, some of the active ingredient will remain in your body for more than 2 days. The active ingredient can remain longer if you have problems with your kidneys or liver, or you are taking certain other medications.

Stop sexual activity and get medical help right away if you get symptoms such as chest pain, dizziness, or nausea during sex. Sexual activity can put an extra strain on your heart, especially if your heart is already weak from a heart attack or heart disease.

What are PDE 5 inhibitors?

They are prescription medicine taken by mouth for the treatment of erectile dysfunction (ED) in men.

ED is a condition where the penis does not fill with enough blood to harden and expand when a man is sexually excited, or when he cannot keep an erection. A man who has trouble getting or keeping an erection should see his healthcare provider for help if the condition bothers him. PDE 5 Inhibitors helps increase blood flow to the penis and may help men with ED get and keep an erection satisfactory for sexual activity. Once a man has completed sexual activity, blood flow to his penis decreases, and his erection goes away.

They do not:

- increase a man’s sexual desire
- protect a man or his partner from sexually transmitted diseases, including HIV. Speak to your healthcare provider about ways to guard against sexually transmitted diseases.
- serve as a male form of birth control.

They should:

- only for men over the age of 18 who have ED, including men with diabetes or who have undergone prostatectomy

- not for women or children.
- must be used only under a healthcare provider's care.

Who Should Not Take these medicines?

Do not take if you:

- take any medicines called "nitrates".
- use recreational drugs called "poppers" like amyl nitrite and butyl nitrite.

Can Other Medicines Affect PDEE 5 Inhibitors?

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. Always check with your healthcare provider before starting or stopping any medicines. Especially tell your healthcare provider if you take any of the following:*

- medicines called nitrates
- medicines called alpha blockers. Alpha blockers are sometimes prescribed for prostate problems or high blood pressure. If taken with certain alpha blockers, your blood pressure could suddenly drop. You could get dizzy or faint.
- other medicines to treat high blood pressure (hypertension)
- medicines called HIV protease inhibitors, such as ritonavir (Norvir[®], Kaletra[®])
- ketoconazole (Nizoral[®])
- itraconazole (Sporanox[®])
- erythromycin
- other medicines or treatments for ED.

How Should I Take These medicines?

- Take exactly as your healthcare provider prescribes it. Your healthcare provider will prescribe the dose that is right for you.
- Some men can only take a low dose or may have to take it less often, because of medical conditions or medicines they take.
- Do not change your dose or the way you take it without talking to your healthcare provider. Your healthcare provider may lower or raise your dose, depending on how your body responds and your health condition.
- Ideally dissolve lozenges between the check and gum 30 minutes before meals.
- If you take too much call your healthcare provider or emergency room right away.

There are two ways to take PDE 5 Inhibitors:

Use as needed:

- **Do not take more than one time each day.**
- Dissolve a lozenge 20-30 minutes before you expect to have sexual activity. You may be able to have sexual activity at 30 minutes after taking it and up to 36 hours after taking it. You and your healthcare provider should consider this in deciding when you should take it before sexual activity. Some form of sexual stimulation is needed for an erection to happen.
- Your healthcare provider may change your dose depending on how you respond to the medicine, and on your health condition.

OR

Once daily use:

- **Do not take more than one time each day.**

- Dissolve a lozenge every day at about the same time of day a half hour before meals. You may attempt sexual activity at any time between doses.
- If you miss a dose, you may take it when you remember but do not take more than one dose per day.
 - Some form of sexual stimulation is needed for an erection to happen.
 - Your healthcare provider may change your dose depending on how you respond to the medicine, and on your health condition.

What Should I Avoid While Taking PDE 5 Inhibitors?

- Do not use other ED medicines or ED treatments.
- Do not drink too much alcohol. Drinking too much alcohol can increase your chances of getting a headache or getting dizzy, increasing your heart rate, or lowering your blood pressure.

What Are The Possible Side Effects?

The most common side effects are: headache, indigestion, back pain, muscle aches, flushing, and stuffy or runny nose. These side effects usually go away after a few hours. Men who get back pain and muscle aches usually get it 12 to 24 hours after taking it. Back pain and muscle aches usually go away within 2 days.

Call your healthcare provider if you get any side effect that bothers you or one that does not go away.

Uncommon side effects include:

An erection that won't go away (priapism). If you get an erection that lasts more than 4 hours, get medical help right away. Priapism must be treated as soon as possible or lasting damage can happen to your penis, including the inability to have erections.

How Should I Store it?

Store at room temperature between 15° and 30°C.

Keep it and all medicines out of the reach of children.