Te Whatu Ora
Health New Zealand
Waitaha Canterbury

SILDENAFIL (for erectile dysfunction)

sil-den-ah-fil

What does it do?

Sildenafil is used to treat erectile dysfunction (trouble getting or keeping an erection).

Before you start

- Tell your doctor if you have had a recent stroke, heart or blood pressure problems, or an eye problem called optic neuropathy.
- Do not use *sildenafil* if you are taking a nitrate medicine (e.g. glyceryl trinitrate or isosorbide mononitrate). Taking them both can cause a dangerous drop in blood pressure.

How should you take it?

Take *sildenafil* with a glass of water, about one hour before having sex, or as directed. You can take it with or without food.
It may keep working for up to 4 hours.
Do not take more than one dose a day.

Can you take other medicines?

Some medicines available without a prescription may react with *sildenafil* including:

- glyceryl trinitrate (GTN) (e.g. Nitrolingual®, Glytrin®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Prolonged erection (longer than four hours) Changes in vision	Tell your doctor immediately
Headache, dizziness Flushing Runny or blocked nose Muscle aches and pains Indigestion	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Grapefruit, grapefruit juice or sour/Seville oranges may react with *sildenafil*. Discuss with your pharmacist.