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)<br>Changes in vision | Tell your doctor immediately |
| Headache, dizziness<br>Flushing<br>Runny or blocked nose<br>Muscle aches and pains<br>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.