

# Tadalafil

## Male Cardiovascular Health Clinic

This information sheet aims to answer some of the questions you may have about the use of tadalafil, commonly known as Cialis, to treat your erectile dysfunction. Please ensure that you read the manufacturer's leaflet that accompanies your supply of tadalafil for further details on the treatment. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

### What is tadalafil?

- Tadalafil is an effective treatment for most men who suffer from erectile dysfunction (ED or impotence). It works by allowing the normal process of an erection to occur.
- Tadalafil is restricted to men who do not respond to the maximum dose of sildenafil, or on the advice of a urology specialist after specific surgery.
- Tadalafil does not change your sex drive.
- Tadalafil will not work without sexual stimulation of some kind.
- It is available as a tablet, in doses of 2.5mg, 5mg, 10mg and 20 mg.

### How do I take this medicine?

- Tadalafil can be taken with or without food or alcohol.
- You may be prescribed a regular daily regimen of tadalafil, in which case you will require a private prescription as it is not available for daily use on the NHS in South East London. Alternatively, you may be prescribed tadalafil on an as-needed basis on the NHS.
- It is effective from 1–2 hours after taking, and it stays active for at least 24 hours.
- No more than one tablet should be taken in a 24 hour period. It is advised that you leave a day in between doses. For example, if you take a tablet on Friday you should wait until Sunday before taking another one.
- Don't take any more tadalafil than your doctor has prescribed for you.

### Are there any side effects?

Possible side effects include:

- headache
- flushing
- dizziness
- indigestion
- back pain

The side effects should reduce over time but please talk to your doctor or nurse if you have any queries about them. A full list of side effects is included in the manufacturer's package leaflet.

## Chest pain following the use of tadalafil

Before prescribing tadalafil, your doctor will have made a thorough assessment to ensure that it is safe for you to take this drug. **However, in the unlikely event that you experience chest pain after taking tadalafil:**

- you must rest
- if the pain does not resolve within 10–15 minutes, seek medical advice

**If you need to seek medical help you must let the doctors know that you have taken tadalafil as this will affect the treatment you receive.**

**You must not** use any form of nitrate therapy - including the spray or tablets under the tongue - without medical advice.

## Important information about nitrates

Tadalafil **must not** be taken in combination with **long-acting nitrates**, for example isosorbide mononitrate (sometimes known as Imdur<sup>®</sup>, ISMO<sup>®</sup>, Elantan<sup>®</sup>) or nicorandil. This is because this combination can cause a sudden and dangerous drop in blood pressure.

It is important to seek advice from your doctor or nurse if you are taking **short-acting nitrates** – either in the form of glyceryl trinitrate (GTN) or as tablets under the tongue. You may still be able to take tadalafil (in doses of 10mg or 20mg) but you should allow at least 48 hours between the dose of tadalafil and taking your GTN spray or nitrate tablet.

You **must not** use **either short- or long-acting nitrates** if you have been prescribed daily tadalafil (2.5mg or 5mg).

If you are unsure whether you take nitrates please consult with your doctor or nurse.

**Never** take tadalafil with non-prescription drugs such as amyl nitrate/nitrites (poppers).

You can eat foods that contain nitrates, such as green leafy vegetables and root vegetables.

## How do I get a repeat prescription?

If you are on a regular daily dosing regimen, your repeat prescriptions will need to be obtained privately.

If you are on an as-needed dosing regimen, you can get a repeat prescription from your GP.

## Useful sources of information

### Contact us

If you have any questions or concerns about tadalafil please contact the cardiac nurse specialist, **t:** 07900 224890. Please note that the nurse specialist may not be able to return your call immediately but will aim to do so as soon as possible.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815      **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

**t:** 0800 731 0319      **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)      **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)