

**PATIENT INSTRUCTION: Oral medications for erection enhancement
Phosphodiesterase V Inhibitors (PDE5i)**

Rehabilitation patients

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In general PDE5i's work best if you have some remaining erectile activity (albeit unreliable). If you have low blood pressure, you need to start with the lowest dose. All PDE5i have similar side effects (15% have headache, 10% have nasal stuffiness, others can get stomach upset or nausea, etc – these are usually mild and go away with repeated use of the medication) but sometimes patients have fewer side effects with one brand over the other. All PDE5i's need sexual stimulation (both mental and physical) to enhance erection. Each of these options do have about 30% of patients reacting to them within about 15 minutes, but it is best to wait 1 – 2 hour for all of them for best results.

You **cannot take nitrates** (spray, patches, poppers) with these medications, and if you are on protease inhibitors, alpha blockers, erythromycin, ketoconazole or have compromised liver or kidney function talk to your doctor. You can have small amounts of alcohol with these drugs as they will not interfere with their mechanism of action, but too much alcohol will affect your sexual capacities!

In general, you should not be afraid to increase the dose as long as you can tolerate any side effects. If one dose works well, it is worth cutting that dose (the pill) in half to see if you can reduce the cost by splitting the pills.

VIAGRA *25, 50 and 100 mg blue diamond tablets* *max once/day*

Viagra is a short acting PDE5i. Take 1 hour ahead of planned sexual activity on a relatively empty stomach (fat will slow absorption). If you plan to go out for dinner, it may be better to take the pill before you eat or else you will need to wait about 2 hours after eating before taking the pill. If you tend to have low blood pressure, start with 25mg (1/2 a 50 mg sample pill). Viagra should work 1 – 4 hours after dosing and may even work up to 12 hours later. You need to try Viagra 6 – 8 times before saying it is ineffective.

LEVITRA *5, 10 and 20 mg round pale orange pill* *max once/day*

Levitra is short acting and similar in action to Viagra but is less food sensitive. You need to give Levitra at least 4 tries before saying it is ineffective. You should not take alpha-blockers with Levitra.

STAXYN *10mg orally disintegrating tablet* *max once/day*

Staxyn is short acting and similar in action to Levitra. You place Staxyn on your tongue, where it will dissolve in seconds, then swallow with saliva. Staxyn should be taken without liquid. This medication should be taken 45-90 minutes prior to sexual activity. It can be taken before or after meals.

CIALIS *10 and 20 mg beige teardrop shaped pill* *max once/day*

Cialis is long acting and may take 1 – 2 hours to start working. You do not need to worry about food interaction. Often Cialis will last for up to 36 hours so you don't need to take more than one pill every 2 – 3 days. Three trials of Cialis should tell you whether or not it is working.

CIALIS DAILY *5mgs yellow teardrop shaped pill* *max once/day*

Cialis is a daily medication that needs to be taken at the same time every day and without regard to food. It may take 4-5 days to start to work. Cialis daily is an approved treatment for benign prostatic hyperplasia (BPH), pulmonary arterial hypertension and lower urinary tract syndrome (LUTS).

The product monographs in your package insert will outline any other warnings and/or information.

Medical Disclaimer

The above information is not intended nor implied to be a substitute for professional medical advice. Always ask your physician or other qualified health professional about any matter concerning your individual health.