



CIALIS

CIALIS is a treatment for erectile dysfunction.

Treatment for impotence

It is important to discuss with your doctor or specialist which treatment is right for you. Bear in mind that you and your partner will want a treatment that is acceptable to both of you and perhaps more importantly gives you the confidence in the results it will provide.

What is CIALIS?

Cialis (tadalafil) belongs to a group of medicines called PDE5 inhibitors. It is an almond shaped yellow tablet with strengths of 10mg or 20mg. It is an oral tablet, which is swallowed. **It is not an aphrodisiac and does not increase sexual desire.** Cialis on its own will not give you an erection but it can help you to get one when sexually stimulated.

How does CIALIS work?

Cialis works by helping the blood vessels in the penis to relax, allowing blood to flow into the penis causing an erection. For Cialis to be effective, sexual stimulation is required. Men who do not have erectile dysfunction should not take Cialis.

How do you take CIALIS?

Cialis is available in two strengths – 10mg and 20mg. The recommended starting dose is 10mg but 20mg can be prescribed if 10mg does not provide the required effect. The maximum dose is one tablet per day. The tablet should be swallowed whole prior to anticipated sexual activity. The amount of time it takes to work varies from person to person. Within 30 minutes approximately 50% of men can get an erection if sexually stimulated. The ability to respond to sex stimulation can last for up to 36 hours.

This period of responsiveness can allow you to distance the taking of the medicine from the sexual activity. Patients may find it helpful to take the pill and forget about it well in advance of anticipated sexual activity.

Food and moderate amounts of alcohol do **not** interfere with the effectiveness of Cialis and as such it can be taken with or without food.

Remember, alcohol consumption can diminish sexual performance. Therefore in order to get the maximum benefit from any medication for erectile dysfunction it is advisable not to drink large amounts of alcohol.

What side effects may be associated with CIALIS?

The manufacturers have tested the drug in over 3,000 patients in 16 clinical trials. When taken at the recommended dose, side effects are mild and transient. The most common side effects are headache and indigestion. Less common effects include flushing, stuffy nose, myalgia, dizziness and back ache.

Who cannot take CIALIS?

Patients who are taking any medicines containing nitrates. These are commonly prescribed for the relief of angina (chest pain). Cialis, in combination with nitrates, can lower blood pressure significantly leading to untoward effects. Patients should inform their doctor if they are taking any of these medicines or should ask if they are uncertain.

Who cannot take CIALIS?

(Continued)

Patients with the following:

Known hypersensitivity to any component of the drug Cialis;
Men with cardiac disease of a severity where sex is inadvisable;
Myocardial infarction (heart attack) in the last 90 days;
Unstable angina or angina occurring during sexual intercourse;
Significant heart failure in the last 6 months;
Uncontrolled arrhythmias, low or untreated high blood pressure;
Stroke within the last 6 months.
Combination with alpha blockers is not recommended.

Cialis should not be taken with other erectile dysfunction treatments.

What conditions may prevent a man using CIALIS?

Cialis should be used with caution in patients with:

- An abnormally formed penis.
- Diseases that might result in prolonged erections e.g. Sickle cell anaemia, multiple myeloma, or leukaemia.
- A history of postural hypotension.
- Severe kidney or liver disease.

Can women take Cialis?

Cialis should not be taken by women as its safety in women has not been tested.

What happens if I increase the dose?

An increase in dose should always occur under medical supervision. The recommended starting dose is 10mg. In people in whom 10mg does not produce an adequate effect, 20mg can be tried.

Clinical trials have shown that increasing the dose beyond the maximum recommended dose of 20mg simply increases the side effects and not the efficacy.

Can I drive while taking CIALIS?

The potential for Cialis to influence the ability to drive or operate machinery is expected to be negligible but patients should be aware of how they react to Cialis before undertaking such activity.

Will CIALIS work for everyone?

Clinical trials suggest that Cialis 10mg will improve the erections in nearly 7 out of every 10 men with erection problems. Similarly, it is suggested that Cialis 20mg will improve erections in more than 8 out of 10 men. Cialis is also highly effective in men with diabetes. You may find that your response to Cialis will improve with continued use.

If Cialis does not help you get the desired clinical effect you should tell your doctor, who will be able to advise you as to whether a dose increase to 20mg is necessary to reach the clinical effect.

Your doctor can also advise you on other possible treatment options.

An invitation.....

.... to enrol as a friend of the Sexual Dysfunction Association. For a small annual subscription, you will receive copies of *One in Ten*, the Association's newsletter and you will be contributing to an Association which helps overcome the problems of male and female sexual dysfunction. If you are interested, please telephone or write for an application form.

Telephone Helpline 0870 7743571