



# LEVITRA

LEVITRA is an oral treatment for erectile dysfunction (impotence) available in the UK. This factsheet provides basic information on Levitra.

## What is LEVITRA?

Levitra (vardenafil) belongs to a group of medicines called PDE5 inhibitors. It is a round shaped orange tablet with strengths of 5mg, 10mg or 20mg. It is an oral tablet, which is swallowed. **It is not an aphrodisiac and does not increase sexual desire.** For Levitra to be effective, sexual stimulation is required.

## How does LEVITRA work?

Levitra works by helping to relax the blood vessels in the penis, allowing blood to flow into the penis causing an erection. Levitra will not give a man an erection spontaneously, it will only help a man to get an erection if he is sexually stimulated.

## How do you take LEVITRA?

Levitra is available in three strengths 5mg, 10mg and 20mg. The initial dose is selected by the doctor who will assess the most appropriate dose for each patient based on a consultation.

Levitra starts to work in some men as early as 10 minutes after dosing and most men (75%) will achieve an erection within 15 minutes. The ability to respond to sexual stimulation can last for up to 12 hours.

The action of Levitra is not generally affected by eating before taking the treatment (except where the meal has a very high fat content of 57% or greater) or by drinking alcohol, so men can eat and drink as they would normally.

It is recommended that only one dose of Levitra is taken in a 24 hour period.

## What side effects may be associated with LEVITRA?

The manufacturers have tested the drug in over 7,800 men in worldwide clinical trials. When taken at the recommended dose, side effects are mild and transient. The most common side effects are headache and facial flushing.

## Who cannot take LEVITRA?

Patients who are taking any medicines containing nitrates. These are commonly prescribed for the relief of angina (chest pain). Levitra, 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.

Patients with the following:

Known hypersensitivity to any component of the drug Levitra;  
Men with cardiac disease of a severity where sex is inadvisable;  
Recent stroke, heart attack or low blood pressure;

**Who cannot take LEVITRA?  
(Continued)**

Unstable angina or angina occurring during sexual intercourse;  
Aged over 75 years and taking ritonavir, indinavir, ketoconazole or itraconazole (oral form)  
Levitra should not be taken within 6 hours of taking an alpha-blocker, with the exception of Flomax. If you are taking any alpha-blocker, including Flomax, then the dose of Levitra should not exceed 5mg.

Levitra should not be taken with other erectile dysfunction treatments.

**What conditions may prevent a man using LEVITRA?**

Levitra 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 LEVITRA?**

Levitra should not be taken by women as it is not licensed and 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. 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 LEVITRA?**

As dizziness has been reported in clinical trials of Levitra, patients should be aware of how they react to the drug before they drive.

**Will LEVITRA work for everyone?**

Clinical trials have shown that 87% of men were successful at the first attempt with Levitra 10mg. A further study demonstrated the long-term reliability of Levitra with 92% of men reporting improved erections maintained for the 2year duration of the study.

If Levitra does not help you to get an erection, or your erection does not last long enough for you to complete your chosen sexual activity you should tell your doctor who will be able to advise you as to whether a dose increase is necessary to reach the desired 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**