

## Information Sheet for Cialis (Tadalafil)

### What is Cialis?



Cialis contains an active compound called Tadalafil. Each Cialis tablet is almond shaped, yellow in colour and marked with “C10” or C20” on one side.

### How does Cialis work?

Cialis will only work in response to sexual stimulation – enabling you to achieve an erection. Cialis belongs to a group of medicines called phosphodiesterase 5 inhibitors. Following sexual stimulation, Cialis works by helping the blood

vessels in your penis to relax, allowing the flow of blood into your penis. The result of this is improved erectile function. Cialis will not help you if you do not have erectile dysfunction.

### How should I take Cialis?

You should take Cialis prior to anticipating sexual activity. It has been shown to work as early as 30 minutes and up to 24 hours after taking the tablet. Cialis should be swallowed whole with a small glass of water. Cialis is available in two doses: 10mg or 20mg. Your doctor will have decided which dose is the most suitable for you. In some people 10mg is enough to be effective, but in others 20mg may be necessary. If you are on 10mg and you find that this is not effective after several attempts, it is important to talk to your doctor again. It is important to note that Cialis does not work if there is no sexual stimulation. You and your partner will need to engage in foreplay, just as you would if you were not taking a medicine for erectile dysfunction.

### Can Cialis be taken with food?

Cialis can be taken with or without food.

### When should I take Cialis?

Always take Cialis as instructed by your doctor. It is recommended that Cialis is taken between 30 minutes and 12 hours before sex. Cialis may still be active for up to 24 hours after taking it. This does not mean that you will have an erection for 24 hours, but you will probably be able to respond to sexual stimulation up to 24 hours after taking the tablet.

### How often should I take Cialis?

You should NOT take Cialis more than once a day and it is not recommended that you take Cialis EVERY DAY.

### **Will I experience any side effects when taking Cialis?**

Some men may experience side effects. The most common side effects are headache and indigestion. Less common side effects include facial flushing, nasal congestion, dizziness, muscle aches or back pain. However, these are generally mild to moderate and lessen with continued use. In clinical trials, less than 1 in every 25 men stopped taking Cialis due to side effects. For information on other side effects not mentioned here, please inform your doctor or pharmacist.

### **Can I take other medications with Cialis?**

Most other medications can be taken with Cialis, but you should tell your doctor about ALL other medications you are taking or have recently taken, even those not prescribed. **HOWEVER, YOU CANNOT TAKE CIALIS IF YOU ARE TAKING NITRITES** – nitrates are a particular group of medicines used to treat angina (chest pain).

### **Can I drive after taking Cialis?**

Cialis should not affect your ability to drive or operate machinery. However, you should wait and see how you react to Cialis before driving or operating machinery.

### **Caution**

Some patients may be started on 20 mg tablets at the onset, check with Mr Puri or Mr Tyson what is the strength of the tablets prescribed for you.