

# VIAGRA AND CIALIS

## WHAT YOU NEED TO KNOW

### What is it?

Viagra (Sildenafil) and Cialis (Tadalafil) are medications used to treat erectile dysfunction (the inability to get or keep an erection).

Viagra and Cialis treat this condition by increasing blood flow to the penis during sexual activity.

Both Viagra and Cialis belong to a group of medications called phosphodiesterase 5 (PDE5) inhibitors.



### How is it used?

Viagra and Cialis are taken by mouth and comes in the forms of tablets or liquid.

**To treat erectile dysfunction**, it can be taken any time between 4 hours and 30 minutes before sexual activity. Sildenafil should not be taken more than once in a 24 hour period when used to treat sexual difficulties.

Viagra and Cialis are **prescription medications**. You should only take this medication under medical supervision. If you are prescribed this medication, follow the directions on the prescription label carefully.



### Risks

#### What are the risks for individuals with male genitalia?

Viagra or Cialis can cause priapism, a condition in which an erection is painful and lasts for several hours.

When Viagra or Cialis is used recreationally, individuals may rely on it to achieve an erection. Viagra or Cialis can impact a person's sexual function but can also indirectly impact their sexual partner.

#### What are the risks for individuals with female genitalia?

For individuals with female genitalia, Viagra or Cialis does not help treat sexual dysfunction. Taking it may indirectly impact hormonal balance. If you are pregnant or plan to be pregnant in the near future, you should not take Viagra or Cialis.

#### What are the general risks for anyone who takes Viagra or Cialis?

If you have a history of heart, kidney, or liver problems, it may not be safe for you.

Medications such as blood-pressure medications and nitrates (including Poppers) interact with Viagra and Cialis, causing a dangerous drop in blood pressure which can raise the risk of heart attack and stroke.

### How to stay safer

**1** **Avoiding use** is the best way to stay safe, but that may not be realistic for everybody.

**2** **Don't mix with nitrates!** Poppers, another substance used to enhance sexual activity, contain nitrates which are dangerous when used in combination with Viagra or Cialis.

**3** **Plan for safety.** Bring condoms in case sex is a possibility.

**4** **Moderate use.** When taking it without medical advice, regular use can affect your health and relationships with others.

### When to seek emergency help

Signs and symptoms of overdose may include low blood pressure, a rapid heart rate, dizziness, a prolonged and painful erection without sexual stimulation, and/or vision changes.

Be sure to seek medical attention if you experience these symptoms.