

Understanding Your Prescription for Viagra, Levitra, Cialis and Staxyn For patients at the Sexual Health Clinic

Q – What kind of medications are Viagra, Levitra, Cialis and Staxyn?

A – Viagra, Levitra, Cialis and Staxyn are medications that help men with erection problems. They are also called pro-erectile medication.

Q - Why should I take Viagra, Levitra, Cialis and Staxyn?

A - New research shows that if you take these medications regularly after your treatment for cancer, it may help with recovery of your erections later on. This is because these medications bring blood flow and oxygen to the penis.

Q - Why have I been given prescriptions for several pro-erectile medications?

A - We are giving you several different prescriptions so that you can try each one of them to find out which one works best for you. We have found that men have different reactions to each of the medications and one pill often works better than the others. We have also found that there are different side effects for each of the medications.

Q - Why are some of the instructions on the box different from the ones I received in the Sexual Health Clinic?

A - The instructions on the box are NOT for men who are going through rehabilitation after cancer treatment, like you are.

The instructions you received in the Clinic (see the summary below) take into account the treatments you have received for cancer. Also, these instructions are meant to give the best possible conditions for the medications to work.

Guidelines for Taking the Medications:

Do...

- ✓ Wait 2 hours after eating before taking a pill.
- ✓ Take the prescribed amount and wait 1 to 1.5 hours before having sex or self-stimulating.
- ✓ To help with side effects, take Tylenol® for headaches, nasal spray for a stuffy nose, or try taking half a pill.
- ✓ Take at least one pill per week and take part in sexual activity either alone or with your partner (you need to be in a “sexy state of mind” for the pills to have an effect).
- ✓ Take note of how things go and let us know at your next appointment.

Do not...

- ✗ Drink alcohol with a pill.
- ✗ Eat a high fat meal before taking a pill.
- ✗ Take more than the prescribed dose.
- ✗ Take Cialis within 48 hours of the last dose
- ✗ Take Viagra, Levitra or Staxyn within 24 hours of the last dose.

Some Possible Ways to Take the Medications:

- At night: If you finish dinner at 6 p.m., take a pill at 8 p.m. and take part in sexual activity around 9 p.m.
- In the morning: Set your alarm 1 hour earlier than usual, take a pill and go back to sleep. Get up an hour later and take part in sexual activity.
- In the shower: Take a pill, wait an hour, then take a hot shower. Masturbate using lubrication (e.g., conditioner) to reduce friction. The warm water will increase blood flow to the penis.

Extra Information about Cialis:

There are two ways to use Cialis.

1. Take a 20mg pill as needed (like Viagra or Levitra) or...
2. Take a 5mg pill daily

If you would like information on how to use daily Cialis, speak to someone from the Sexual Health Clinic.

Extra Information about Staxyn:

Staxyn is the same type of medication as Levitra but instead of swallowing the pill, you place the tablet on your tongue where it dissolves quickly.

If you would like more information on Staxyn, speak to someone from the Sexual Health Clinic.