

iMedix: Your Personal Health Advisor.

Tadalafil SX

Tadalafil SX is an oral medication featuring tadalafil, recognized for its extended duration of action, designed to assist adult men in overcoming challenges with achieving and maintaining a firm erection suitable for sexual activity. Its mechanism relies on enhancing natural erectile responses to sexual stimulation.

- **ActiveIngredient:** Tadalafil
 - **DosageForm:** Oral tablet
 - **Dosage:** 20 mg
 - **Indications:** Erectile dysfunction, benign prostatic hyperplasia (BPH)
 - **Manufacturer:** Ajanta Pharma
 - **Storage:** Store at room temperature (15-30°C or 59-86°F), well protected from exposure to moisture and direct sunlight.
 - **Market Price:** 1.23
 - **Drug Status:** Prescription Only
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Description

Tadalafil SX (Tadalafil) is a selective phosphodiesterase type 5 (PDE5) inhibitor that facilitates vasodilation by preserving cyclic guanosine monophosphate (cGMP), a molecule critical for relaxing smooth muscle tissue in the penis, prostate, and bladder. This dual mechanism not only supports erectile function during sexual stimulation but also alleviates urinary retention in benign prostatic hyperplasia (BPH) by reducing pressure on the urethra. Its extended duration of action—up to 36 hours—distinguishes it from shorter-acting alternatives, offering flexibility for spontaneous intimacy. Available in both low-dose daily regimens and higher as-needed doses, Tadalafil adapts to individual treatment goals without dependency risks. Unlike libido enhancers, it requires physical or psychological arousal to initiate its effects and is strictly avoided in patients using nitrates due to severe hypotensive interactions. The medication's pharmacokinetic profile allows consistent efficacy regardless of food intake, making it a versatile option for chronic management of ED and BPH.

General Instructions

How to Take: As-needed for ED: Take one tablet (10–20 mg) at least 30 minutes before sexual activity. Effects may last up to 36 hours. Daily use for ED/BPH: Take one tablet (2.5–5 mg) once daily at the same time, regardless of planned sexual activity. Swallow the tablet whole with water. It can be taken with or without food, as meals do not affect absorption. **Dosage Adjustments:** Kidney/liver impairment: Your doctor may reduce the dose (e.g., 5 mg as-needed or 2.5 mg daily). Elderly patients: Lower starting doses may be recommended. **Missed Dose:** Daily regimen: Take the missed dose as soon as remembered. If it's near the next dose time, skip it. Never double the dose. As-needed use: Not applicable. Take only when required. **Storage:** Keep tablets in their original packaging at room temperature (20–25°C). Protect from moisture, light, and heat. **Important Notes:** Do not combine with nitrates (e.g., nitroglycerin) or recreational drugs containing nitrates ("poppers"). Avoid grapefruit/grapefruit juice, which may increase side effects. **Alcohol:** Limit intake, as excessive consumption may worsen dizziness or low blood pressure. **Sexual activity:** Cardiovascular risk exists for some patients—seek medical help for chest pain or shortness of breath.

during use.

Side Effects

Common Side Effects Frequently reported reactions include headache, indigestion, back or muscle pain, nasal congestion, flushing (redness/warmth in the face/neck), and dizziness. These typically resolve within hours and are often mild. **Less Common Side Effects** Some users experience stomach discomfort, acid reflux, blurred vision, limb pain, or a runny nose. Temporary changes in color vision (e.g., blue tint) or light sensitivity may occur due to mild effects on retinal enzymes. **Serious Side Effects** Seek immediate medical help for: Erections lasting >4 hours (priapism – risks permanent tissue damage) Sudden vision loss (rare cases of NAION – non-arteritic anterior ischemic optic neuropathy) Hearing loss, ringing in ears, or dizziness Chest pain, irregular heartbeat, or shortness of breath during sexual activity Severe allergic reactions (swelling of face/tongue, difficulty breathing) **Managing Side Effects** For headaches/muscle pain: Use acetaminophen; avoid NSAIDs like ibuprofen unless approved by your doctor. For indigestion: Take with food or split the daily dose (if prescribed for BPH). For nasal congestion: Saline nasal sprays or antihistamines may help (consult a pharmacist). **Special Considerations** Cardiovascular patients: May require stress testing before use due to cardiac risks during sexual activity. Elderly: More prone to dizziness; monitor blood pressure. Liver/kidney impairment: Increased risk of prolonged side effects; dose adjustments often needed. **Important Note:** Tadalafil SX does not protect against sexually transmitted infections. Report any unusual or persistent symptoms to your healthcare provider.

Uses

Primary Medical Applications: **Erectile Dysfunction (ED):** Tadalafil SX is prescribed to improve erectile function in men with ED. It enhances blood flow to the penis during sexual stimulation, enabling the achievement and maintenance of an erection suitable for intercourse. Unlike short-acting ED medications, its effects can last up to 36 hours, allowing greater spontaneity. **Benign Prostatic Hyperplasia (BPH):** Tadalafil SX relieves urinary symptoms associated with BPH, such as difficulty starting urination, weak stream, or frequent nighttime urination. It works by relaxing smooth muscles in the prostate and bladder, reducing pressure on the urethra. **Dual Therapy:** In some cases, Tadalafil SX is prescribed to treat both ED and BPH simultaneously, simplifying treatment for men with overlapping conditions. **Key Usage Notes:** ED: Can be taken as-needed (10–20 mg) or daily (2.5–5 mg) for continuous readiness. BPH: Typically requires daily dosing (5 mg) for sustained symptom relief. Not approved for use in women or individuals under 18. **Important Limitations:** Requires sexual arousal to work for ED. Does not cure ED or BPH – provides symptomatic relief only. Avoided in patients with severe cardiovascular conditions or those taking nitrates.

Safety advice

Interactions Alcohol:

- Use with caution
- Alcohol may worsen side effects such as dizziness, headaches, or low blood pressure. While moderate consumption (1-2 drinks) is generally acceptable, excessive drinking could impair sexual performance and increase cardiovascular strain.

Interactions Other Medications:

- Consult your doctor
- Tadalafil SX has dangerous interactions with nitrates (e.g., nitroglycerin), alpha-blockers (e.g., tamsulosin), and some antifungal or HIV medications. Always inform your healthcare provider about all prescription drugs, over-the-counter products, or supplements you are taking.

Special Groups Pregnancy:

- Unsafe
- Tadalafil SX is prescribed only for adult males. It is not indicated for use in women, including during pregnancy.

Special Groups Breastfeeding:

- Unsafe
- This medication is not intended for use by women, including breastfeeding mothers. No risks to nursing infants are expected when taken by male partners.

Special Groups Elderly:

- Use with caution
- Older adults may experience heightened sensitivity to side effects like dizziness or low blood pressure. Dose adjustments (e.g., starting with 5 mg) are often recommended, especially for those with kidney or liver impairment.

Special Groups Children:

- Unsafe
- Tadalafil SX is not approved for individuals under 18 years old. Accidental ingestion in children requires immediate medical attention.

Effects on Activities Driving:

- Use with caution
- Some users report temporary dizziness, blurred vision, or light sensitivity, which may affect driving ability. Assess your tolerance after the first dose before operating vehicles.

Effects on Activities Operating Machinery:

- Use with caution
- Similar to driving, exercise caution when handling heavy machinery if experiencing vision changes, dizziness, or fatigue. Delay tasks until side effects resolve.

Concerns

Cardiovascular Risks Tadalafil can cause significant drops in blood pressure, posing dangers for patients with heart disease, uncontrolled hypertension, or those taking alpha-blockers. Sexual activity itself may strain the cardiovascular system, increasing the risk of heart attack or stroke in vulnerable individuals. Avoid use if you have a history of recent stroke, unstable angina, or severe heart failure. **Vision Loss (NAION)** Rare cases of sudden vision loss (non-arteritic anterior ischemic optic neuropathy) have been reported, particularly in patients with pre-existing optic nerve issues, diabetes, or hypertension. Discontinue use immediately if vision changes occur and seek emergency care. **Hearing Impairment** Sudden hearing loss, sometimes accompanied by tinnitus or dizziness, has been linked to PDE5 inhibitors like Tadalafil. Stop the medication and consult a doctor if these symptoms arise. **Priapism** Erections lasting longer than 4 hours require urgent medical intervention to prevent permanent penile damage. This risk is higher in patients with sickle cell anemia, leukemia, or penile deformities. **Drug Interactions** Combining Tadalafil with nitrates (e.g., nitroglycerin) or recreational drugs containing nitrates (“poppers”) can cause life-threatening hypotension. Concurrent use with alpha-blockers (e.g., tamsulosin) may also lead to dangerous blood pressure drops. **Special Populations** **Liver/Kidney Impairment:** Reduced drug clearance increases the risk of prolonged side effects. Dose adjustments are mandatory. **Elderly Patients:** Higher susceptibility to dizziness and hypotension. Regular blood pressure monitoring is advised. **Counterfeit Medications** Illegally sold Tadalafil may contain incorrect dosages, toxic additives (e.g., talcum powder), or no active ingredient. Purchase only from licensed pharmacies and verify tablet authenticity through packaging holograms or manufacturer verification tools. **Long-Term Use** Prolonged daily dosing (e.g., for BPH) may require periodic monitoring of kidney/liver function and cardiovascular health. Report any new or worsening symptoms to your doctor. **Important Reminder:** Always disclose your full medical history, including eye conditions, bleeding disorders, or

Peyronie's disease, before starting treatment. Never share or reuse prescriptions for Tadalafil SX.

Warnings

Black Box Warning (FDA-Required) Nitrate Interaction: Severity: Life-threatening Risk: Concomitant use with nitrates (e.g., nitroglycerin, isosorbide) or recreational nitrates ("poppers") can cause severe hypotension, leading to shock, stroke, or death. Action: Absolute contraindication. Wait 48 hours after last Tadalafil dose before administering nitrates. **Critical Warnings Cardiovascular Risks** Avoid use in patients with: Recent myocardial infarction (within 90 days) Unstable angina or severe heart failure Uncontrolled arrhythmias or hypotension (<90/50 mmHg) Sexual activity may increase cardiac workload. Patients with cardiovascular disease should undergo stress testing before use. **Vision Loss (NAION)** Rare cases of sudden vision loss due to non-arteritic anterior ischemic optic neuropathy (NAION). High-risk groups: Patients with "crowded optic discs," diabetes, hypertension, or smoking history. Discontinue immediately if vision changes occur. **Hearing Loss** Sudden sensorineural hearing loss, sometimes with tinnitus or dizziness, has been reported. Permanent in some cases. Discontinue use and seek audiological evaluation. **Priapism** Erections lasting >4 hours require emergency treatment to prevent irreversible penile damage. Higher risk in patients with sickle cell anemia, leukemia, or penile anatomical abnormalities. **Other Serious Warnings Drug Interactions** Alpha-blockers (e.g., tamsulosin): Risk of symptomatic hypotension. Separate dosing by 4-6 hours. CYP3A4 Inhibitors (e.g., ketoconazole): May increase Tadalafil levels. Max dose = 10 mg every 72 hours. **Alcohol:** Potentiates hypotension and dizziness. **Special Populations Severe Hepatic/Renal Impairment:** Avoid daily dosing. Max as-needed dose = 10 mg. **Elderly:** Increased risk of syncope. Monitor blood pressure. **Counterfeit Medications** Illicit versions may contain incorrect dosages, toxic additives (e.g., sildenafil analogues), or no active ingredient. Verify authenticity via manufacturer seals and purchase only from licensed pharmacies. **Prolonged Duration Effects** last up to 36 hours, increasing the window for drug interactions. Avoid nitrates for 48 hours post-dose. **Storage & Handling** Keep in original packaging to avoid moisture/light exposure. Store at 20–25°C; improper storage reduces potency. **Important Notice:** Tadalafil SX is not approved for women, children, or patients with hereditary retinal disorders (e.g., retinitis pigmentosa). Always disclose your full medical history to your prescriber, including eye conditions, bleeding disorders, or prior priapism.

Dosage

Standard Adult Dosages Erectile Dysfunction (ED): As-needed: 10–20 mg taken at least 30 minutes before sexual activity. Effects last up to 36 hours. Daily use: 2.5–5 mg once daily, regardless of timing of sexual activity. **Benign Prostatic Hyperplasia (BPH):** Daily use: 5 mg once daily, taken at the same time each day. **ED + BPH (Dual Therapy):** Daily use: 5 mg once daily to address both conditions simultaneously. **Special Population Adjustments Renal Impairment:** Mild-to-moderate (CrCl 30–80 mL/min): No adjustment needed for as-needed use. Max 5 mg daily for chronic dosing. Severe (CrCl <30 mL/min): Max 10 mg as-needed every 72 hours or 2.5 mg daily. **Hepatic Impairment:** Mild-to-moderate (Child-Pugh A-B): Max 10 mg as-needed or 5 mg daily. Severe (Child-Pugh C): Avoid use. **Elderly Patients (>65 years):** Start with 5 mg as-needed or 2.5 mg daily; adjust based on tolerance. **Administration Guidelines Timing:** As-needed: Take at least 30 minutes before sexual activity. Daily: Take at the same time daily for consistent effects. **Food:** No restrictions – can be taken with or without meals. **Missed Dose (Daily regimen):** Skip if close to next dose; never double dose. **Important Notes Max Frequency:** As-needed: Once per 24 hours (20 mg max). Daily: Once daily (5 mg max). **CYP3A4 Inhibitors (e.g., ketoconazole):** Reduce as-needed dose to 10 mg every 72 hours or daily dose to 2.5 mg. **Avoid with Nitrates:** Wait 48 hours after last Tadalafil dose before nitrate use. **Storage:** Keep tablets in original packaging at 20–25°C; avoid moisture and heat. **Counterfeit Risk:** Verify tablet authenticity (e.g., "C20" imprint on 20 mg tablets). Purchase only from licensed pharmacies.

Interactions

Tadalafil SX (Tadalafil) may interact with other medications and substances, which can affect its effectiveness or increase the risk of side effects. Here's a summary of important interactions:

- Nitrate Medications:** Drugs like nitroglycerin or isosorbide, as well as recreational nitrates ("poppers"), can cause a dangerous drop in blood pressure when combined with Tadalafil. This interaction is life-threatening and must be avoided entirely.
- Alpha-Blockers:** Medications such as tamsulosin or doxazosin, used for prostate or blood pressure issues, may lead to severe dizziness or fainting when taken with Tadalafil. Your doctor may adjust doses or timing to minimize risks.
- Blood Pressure Medications:** Tadalafil can amplify the effects of drugs like ACE inhibitors, beta-blockers, or diuretics, increasing the risk of low blood pressure. Regular monitoring is essential if these medications are used together.
- Antifungal or HIV Medications:** Strong CYP3A4 inhibitors like ketoconazole or ritonavir can significantly increase Tadalafil levels in the body, raising the risk of side effects. Dose adjustments are required under medical supervision.
- Alcohol:** Excessive alcohol consumption may worsen side effects such as dizziness or headaches. Limit alcohol intake while using Tadalafil to avoid complications.
- Recreational Drugs:** Substances like amyl nitrite ("poppers") or cocaine can interact dangerously with Tadalafil, causing sudden drops in blood pressure. Always disclose any recreational drug use to your healthcare provider.

Precautions: Always provide your healthcare provider with a complete list of all medications, supplements, and herbal products you are taking, including over-the-counter drugs. Regular blood pressure monitoring may be required if you are on multiple medications that affect cardiovascular function. Inform your doctor if you have kidney or liver disease, as these conditions may increase the risk of interactions or side effects. Avoid starting new medications without consulting your doctor while using Tadalafil SX.

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Other Details

Appearance & Identification Tadalafil SX tablets are typically round or oval, film-coated, and come in varying colors depending on dosage: 20 mg tablets are often yellow with a "C20" imprint, while lower doses (e.g., 5 mg) may be white or off-white. Generic versions might differ slightly in shape or markings but should always display the dosage strength.

Storage After Opening Store tablets in their original container at room temperature (20–25°C). Protect from moisture, heat, and direct light. Keep the bottle tightly closed, and avoid transferring tablets to other containers, as exposure to humidity may degrade the medication.

Disposal Recommendations Unused or expired Tadalafil SX should be disposed of through pharmacy take-back programs. If unavailable, mix tablets with an unpalatable substance like coffee grounds or cat litter in a sealed bag before throwing them in the trash. Never flush tablets, as they can contaminate water systems.

Laboratory Test Interference Tadalafil may slightly elevate liver enzyme levels in blood tests, potentially leading to misinterpretation of liver function. It can also cause transient decreases in blood pressure during monitoring. Inform your healthcare provider or lab technician that you are taking Tadalafil SX before undergoing any tests.

Practical Usage Tips

- Timing Flexibility:** For as-needed use, take the tablet at least 30 minutes before intimacy. Effects can last up to 36 hours, allowing spontaneity.
- Alcohol Moderation:** Limit alcohol to avoid worsening dizziness or headaches.
- Avoid Grapefruit:** Grapefruit juice may increase side effects; avoid excessive consumption.
- Sexual Stimulation:** The medication requires arousal to work—it does not trigger automatic erections.

Authenticity Verification Purchase Tadalafil SX only from licensed pharmacies. Check for tamper-proof packaging, holographic seals, and consistent tablet markings.

Counterfeit versions may lack proper imprints, have irregular coloring, or crumble easily. Report suspicious products to regulatory authorities. Special Handling Notes For Caregivers: Use gloves when handling tablets if you have a Tadalafil allergy. Do not split or crush tablets unless advised by a doctor. Travel Advice: Carry tablets in their original labeled container. Extreme temperatures (e.g., in car glove compartments) can reduce potency. Elderly Users: Store in an easily accessible location to avoid missed doses, but keep out of reach of children. Important Reminders Tadalafil SX does not protect against sexually transmitted infections (STIs). Regular follow-ups with your doctor are recommended for long-term users to monitor cardiovascular health and kidney/liver function. Never share your prescription, even with others experiencing similar symptoms.

References

MedlinePlus. Tadalafil. U.S. National Library of Medicine; 2023. [Updated 15 January 2023]. [Accessed 31 August 2024]. Available from:<https://medlineplus.gov/druginfo/meds/a604008.html> Mayo Clinic. Tadalafil (Oral Route). Mayo Foundation for Medical Education and Research; 2023. [Accessed 31 August 2024]. Available from:<https://www.mayoclinic.org/drugs-supplements/tadalafil-oral-route/description/drg-20067204> Drugs.com. Tadalafil: Uses, Dosage, Side Effects. Drugs.com; 2024. [Updated 10 March 2024]. [Accessed 31 August 2024]. Available from:<https://www.drugs.com/tadalafil.html> WebMD. Tadalafil Oral: Uses, Side Effects, Interactions. WebMD LLC; 2023. [Accessed 31 August 2024]. Available from:<https://www.webmd.com/drugs/2/drug-77875/tadalafil-oral/details>

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