

# iMedix: Your Personal Health Advisor.

## Zenegra

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Zenegra (Sildenafil Citrate) is a medication used to treat erectile dysfunction (ED) by improving blood flow to the penis during sexual stimulation.

- **ActiveIngredient:** Sildenafil citrate
  - **DosageForm:** Tablets
  - **Dosage:** 25 mg, 50 mg, 100 mg
  - **Indications:** Erectile dysfunction (ED), pulmonary arterial hypertension (PAH, under different brand)
  - **Manufacturer:** Various generic manufacturers
  - **Storage:** Store at room temperature (15-30°C), protect from moisture and light
  - **Market Price:** 0.58
  - **Drug Status:** Prescription Only
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## Description

Zenegra (Sildenafil Citrate) is a PDE5 inhibitor medication used to treat erectile dysfunction by enhancing blood flow to the penis during sexual stimulation. It works by blocking the PDE5 enzyme, which helps maintain the erection-enhancing effects of nitric oxide, though sexual arousal is still required for the medication to be effective. Available in 25mg, 50mg and 100mg tablets, Zenegra typically takes effect within 30-60 minutes and remains active for 4-5 hours. While not an aphrodisiac or permanent cure for ED, it provides temporary improvement in erectile function when used as directed under medical supervision.

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## General Instructions

**How to Take:** Take one tablet 30-60 minutes before sexual activity (optimal timing may vary) Swallow whole with a glass of water (do not crush or split tablets) **Maximum dosing frequency:** Once per 24 hours  
**Dosage Guidance:** Starting dose: Typically 50 mg (adjusted based on effectiveness/tolerance) May be reduced to 25 mg if experiencing side effects May be increased to 100 mg if insufficient response  
**Food/Alcohol Considerations:** Can be taken with or without food Avoid high-fat meals (may delay absorption) Limit alcohol (may increase side effects like dizziness) **Missed Dose:** Not applicable (taken only as needed before sexual activity) **Storage:** Keep in original container at room temperature (15-30°C) Protect from moisture and direct light **Important Notes:** Requires sexual stimulation to work Does not protect against STIs – use protection as needed Do not combine with nitrates or recreational ED drugs

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## Side Effects

**Common Side Effects** (May affect up to 1 in 10 users) Headache Flushing (redness/warmth in face/neck) Indigestion or upset stomach Nasal congestion Mild dizziness Temporary visual changes (mild blue tint, increased light sensitivity) These effects are usually mild and resolve within a few hours. **Less Common Side Effects** (May affect up to 1 in 100 users) Back pain or muscle aches Nausea Blurred vision Dry mouth Rash **Serious Side Effects** (Stop use and seek immediate medical help if experiencing): Sudden vision loss (rare cases of NAION – ischemic optic neuropathy) Hearing loss or ringing in ears Chest pain, irregular heartbeat,

or shortness of breath Erection lasting >4 hours (priapism – requires emergency care) Severe allergic reaction (swelling of face/lips, difficulty breathing) Managing Side Effects For headache/flushing: Drink water, rest, consider mild pain reliever (avoid nitrates) For indigestion: Take with a light meal next time For dizziness: Sit or lie down until it passes For vision changes: Avoid bright lights and driving until normal vision returns Special Considerations Heart patients: Increased risk of cardiovascular side effects Elderly: May be more sensitive to effects Underlying eye conditions: Higher risk of vision complications

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## Uses

Primary Medical Use: Zenegra is prescribed to treat erectile dysfunction (ED) in adult men. It helps achieve and maintain an erection sufficient for sexual activity when taken with sexual stimulation. Mechanism of Action: Inhibits phosphodiesterase type 5 (PDE5) Enhances the effects of nitric oxide in penile tissue Promotes blood vessel relaxation and increased blood flow to the penis Important Notes About Use: Not an aphrodisiac – requires sexual arousal to work Does not cure ED – provides temporary improvement during the 4-5 hour window Not for women or children – approved only for adult male use Off-label uses (under medical supervision only): Pulmonary arterial hypertension (under different brand names) Altitude sickness prevention (investigational use) Expected Results: Onset: 30-60 minutes after taking Duration: Up to 4-5 hours of improved erectile function Effectiveness: About 80% of men report improved erections When Not Effective: Without sexual stimulation With excessive alcohol consumption If taken with high-fat meals (may delay absorption)

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## Safety advice

### Interactions Alcohol:

- Use with caution
- Alcohol may increase side effects like dizziness, headache, and low blood pressure. Limit consumption to 1-2 drinks as excessive alcohol can impair sexual function and exacerbate medication effects.

### Interactions Other Medications:

- Consult your doctor
- Dangerous interactions exist with nitrates (causing severe low blood pressure), alpha-blockers, some antihypertensives, and HIV protease inhibitors. Always disclose all medications/supplements before use.

### Special Groups Pregnancy:

- Unsafe
- Zenegra is not indicated for use in women. Male fertility is not affected by sildenafil.

### Special Groups Breastfeeding:

- Unsafe
- Not prescribed for women. No expected impact on nursing infants when taken by male partners.

### Special Groups Elderly:

- Use with caution
- Older patients may be more sensitive to side effects. Lower starting doses (25mg) are often recommended due to potential decreased clearance.

### Special Groups Children:

- Unsafe
- Not approved for anyone under 18. Accidental ingestion requires immediate medical attention.

### Effects on Activities Driving:

- Use with caution
- May cause temporary dizziness or visual changes. Assess individual tolerance before driving, especially after first dose.

### **Effects on Activities Operating Machinery:**

- Use with caution
  - Potential visual disturbances (light sensitivity, blue tint) may temporarily affect ability to operate heavy machinery safely.
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## **Concerns**

Key Safety Considerations: Cardiovascular Risks: Zenegra may cause potentially dangerous drops in blood pressure, particularly in patients with pre-existing heart conditions. Men with unstable angina, recent heart attack (within 6 months), or severe heart failure should avoid use. Sexual activity itself poses cardiac risk for some patients. Vision Complications: Rare cases of sudden vision loss (NAION) have been reported, particularly in those with: Pre-existing optic nerve issues Hypertension Diabetes High cholesterol Smoking history Hearing Effects: Sudden decreases in hearing or hearing loss may occur, sometimes accompanied by tinnitus or dizziness. Discontinue use immediately if these symptoms appear. Priapism Risk: Prolonged erections lasting more than 4 hours require emergency medical attention to prevent permanent tissue damage and impotence. Higher risk in patients with: Sickle cell anemia Multiple myeloma Leukemia Penile deformities Special Population Concerns: Elderly: Increased sensitivity to side effects Renal/Hepatic Impairment: May require dose adjustment Concurrent Medications: Numerous dangerous interactions possible Important Precautions: Never use with nitrates or recreational “poppers” Avoid grapefruit/grapefruit juice (may increase side effects) First-time users should take lowest effective dose Report any chest pain during sexual activity

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## **Warnings**

Black Box Warnings (Most Serious Risks) 1. Nitrate Medication Interaction Severity: Life-threatening Effect: Profound hypotension (dangerously low blood pressure) Includes: All nitrate forms (NTG tablets/spray/patches, isosorbide) and recreational “poppers” Action: Absolute contraindication – never combine 2. Cardiovascular Risks Concerns: Sudden cardiac death Myocardial infarction Stroke Arrhythmias At-Risk Patients: History of heart disease Resting hypotension (<90/50) or hypertension (>170/100) Recent cardiac events (within 6 months) Other Critical Warnings Vision Loss (NAION) May occur within hours of dosing Risk factors: >50 years old, diabetes, hypertension, smoking Permanent in some cases Hearing Loss Sudden sensorineural hearing impairment May be accompanied by tinnitus/dizziness Mechanism unclear Priapism Erections >4 hours require emergency treatment Can lead to permanent erectile dysfunction if untreated Higher risk with sickle cell anemia/leukemia Hypotension Enhanced by: Alpha-blockers Antihypertensives Alcohol May cause syncope Special Populations Severe Hepatic Impairment: Maximum 25mg dose Severe Renal Impairment (CrCl <30): Start with 25mg Elderly: Increased sensitivity to effects Important Notice: Zenegra should only be prescribed after: Thorough cardiovascular assessment Review of all concurrent medications Discussion of risk factors

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## **Dosage**

Standard Adult Dosage for Erectile Dysfunction Initial Recommended Dose: 50 mg taken as needed approximately 30-60 minutes before sexual activity Dose Adjustment: May be increased to 100 mg if insufficient response (maximum recommended dose) May be decreased to 25 mg if experiencing side effects Maximum Frequency: Once daily (24-hour interval between doses) Special Population Adjustments Elderly Patients (>65 years): Consider starting with 25 mg dose Increased sensitivity to side effects possible Hepatic

Impairment: Mild to moderate (Child-Pugh A-B): 25 mg starting dose Severe (Child-Pugh C): Not recommended Renal Impairment: Mild to moderate (CrCl 30-80 mL/min): No adjustment needed Severe (CrCl <30 mL/min): 25 mg starting dose Concomitant Medications: With CYP3A4 inhibitors (e.g., erythromycin, saquinavir, ketoconazole): Maximum 25 mg dose Increase dosing interval to 48-72 hours Administration Guidelines Optimal Timing: Take 30-60 minutes before anticipated sexual activity May take as early as 4 hours before (with reduced efficacy) Food Interactions: High-fat meals may delay onset of action by ~1 hour Best taken on empty stomach for fastest effect Missed Dose: Not applicable (taken only as needed before sexual activity) Storage Conditions: Store at 20-25°C (68-77°F) Protect from light and moisture Keep in original packaging

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## Interactions

1. Nitrate Medications (Absolute Contraindication) Examples: Nitroglycerin, isosorbide dinitrate, amyl nitrite (“poppers”) Risk: Severe hypotension (dangerously low blood pressure) Mechanism: Combined vasodilatory effects Management: Never co-administer; wait 24 hours after last sildenafil dose before nitrates 2. Alpha-Blockers Examples: Tamsulosin, doxazosin, terazosin Risk: Symptomatic hypotension Mechanism: Additive blood pressure lowering Management: Start with 25mg sildenafil if combination unavoidable 3. CYP3A4 Inhibitors Strong Inhibitors: Examples: Ketoconazole, itraconazole, ritonavir Effect: 3-10 fold increase in sildenafil levels Recommendation: Maximum 25mg dose every 48 hours Moderate Inhibitors: Examples: Erythromycin, saquinavir, grapefruit juice Effect: 2-3 fold increase in sildenafil levels Recommendation: Maximum 25mg dose every 24 hours 4. Antihypertensives Examples: Amlodipine, valsartan, hydrochlorothiazide Risk: Additive blood pressure reduction Management: Monitor blood pressure; consider lower sildenafil starting dose 5. Alcohol Effect: Increased hypotension, dizziness, headache Recommendation: Limit consumption to 1-2 drinks 6. Other PDE5 Inhibitors Examples: Tadalafil, vardenafil Risk: Profound hypotension, increased side effects Management: Never combine with other ED medications Important Notes: Always provide complete medication history to prescriber Monitor for hypotension when starting new medications Report any unusual symptoms immediately Avoid grapefruit/grapefruit juice products

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## Other Details

1. Tablet Identification 50 mg tablets: Round, blue, film-coated with “Z50” imprint 100 mg tablets: Diamond-shaped, blue, film-coated with “Z100” imprint Generic versions: May vary in shape/color but should have clear dosage markings 2. Storage & Handling Keep in original blister packaging at room temperature (15-30°C) Protect from moisture and direct light Store in secure location away from children/pets (accidental ingestion dangerous) 3. Disposal Recommendations Unused tablets: Return to pharmacy take-back programs At home disposal: Mix with unpalatable substance (coffee grounds) in sealed bag before trash disposal Never flush down toilet (environmental contamination risk) 4. Visual Effects May cause temporary: Mild blue tint to vision Increased light sensitivity Blurred vision These effects typically resolve within 2-4 hours Avoid hazardous activities (driving at night) if experiencing visual changes 5. Authenticity Verification Purchase only from licensed pharmacies Check for: Proper holograms/seals on packaging Consistent tablet appearance Legible imprints Report suspicious products to authorities 6. Travel

Considerations Keep in original labeled container when traveling Temperature extremes may degrade medication Carry only needed quantity plus copy of prescription 7. Special Notes Not for women or children Does not protect against STIs – use protection as needed Record dosing times to prevent accidental re-dosing Check expiration dates (potency decreases over time)

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## References

MedlinePlus. Sildenafil. U.S. National Library of Medicine; 2023. [Updated 04/2023]. [Accessed 31 August 2024]. Available from:<https://medlineplus.gov/druginfo/meds/a699015.html> Mayo Clinic. Sildenafil (Oral Route). Mayo Foundation for Medical Education and Research; 2023. [Accessed 31 August 2024]. Available from:<https://www.mayoclinic.org/drugs-supplements/sildenafil-oral-route/description/drg-20066989> Drugs.com. Sildenafil: Uses, Dosage, Side Effects. Drugs.com; 2023. [Updated 03/2024]. [Accessed 31 August 2024]. Available from:<https://www.drugs.com/sildenafil.html> WebMD. Sildenafil Oral: Uses, Side Effects, Interactions. WebMD LLC; 2023. [Accessed 31 August 2024]. Available from:<https://www.webmd.com/drugs/2/drug-7418/sildenafil-oral/details>

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