

## Erection Medication Challenge Dose Instructions

**Instructions on how to take PDE5 Medications: Viagra (Sildenafil), Spedra (Avanafil) and Cialis (Tadalafil).**

**\*\* Important: These must be done on different days. DO NOT try more than one challenge within 24 hours. The reason is your blood pressure may drop dangerously low.**

The 'challenge medications' can be taken in any order depending on what you have on hand.

All PDE 5 medications need stimulation to work. It is not like the movies where someone takes a pill then gets an instant erection. They take time to work and require you to feel aroused.

### **1 Viagra (Sildenafil) 100mg, 1 tablet**

Take tablet orally and wait 1 hour. Stimulate and record response below. Sildenafil is in the body for 4 hours. e.g. take at 7am, ready to go at 8am, will last until 12pm. This does not mean you will have an erection for 4 hours, it means you can try and stimulate anytime in this window.

Any side effects? \_\_\_\_\_

\_\_\_\_\_

\*The most common side effects for Sildenafil are: headache, blue vision, reflux, flushing of face - none of these are life threatening and will dissipate when medication has worn off, however, depending on severity you may not want to use this medication again. Please discuss with your practitioner. Any other side effects, please call emergency. Note: other side effects are extremely rare, and we have only ever seen the ones listed despite having prescribed these medications daily for many years.

Erection hardness score? (circle one below)



## 2 Spedra (Avanafil) 200mg, 1 tablet - Speedy Spedra

Take and wait 15mins. Stimulate and record response below. Avanafil is in the body for 6 hours. e.g. take at 7am, ready to go at 7.15am, will last until 1pm. This does not mean you will have an erection for 6 hours, it means you can try and stimulate anytime in this window.

Any side effects? \_\_\_\_\_

\_\_\_\_\_

\*The most common side effects for Avanafil are: headache and flushing of face - neither of these are life threatening and will dissipate when medication has worn off, however, depending on severity you may not want to use this medication again. Please discuss with your practitioner. Any other side effects, please call emergency. Note: other side effects are extremely rare, and we have only ever seen the ones listed despite having prescribed these medications daily for many years.

Erection hardness score? (circle one below)



**3 Cialis (Tadalafil) 7mg (3 capsule/tablets) or 5mg (4 capsule/tablets) or 20mg (1 capsule/tablet)**

Take one of the doses above (as prescribed by your practitioner) and wait 1 hour. Tadalafil is in the body for 36 hours. Stimulate and record response below. e.g. take at 7am, ready to go at 8am, will last until 7pm the next day. This does not mean you will have an erection for 36 hours, it means you can try and stimulate anytime in this window.

Any side effects? \_\_\_\_\_

\_\_\_\_\_

\*The most common side effects for Tadalafil are: headache, reflux, flushing of face and rarely aching muscles - none of these are life threatening and will dissipate when medication has worn off, however, depending on severity you may not want to use this medication again. Please discuss with your practitioner. Any other side effects, please call emergency. Note: other side effects are extremely rare, and we have only ever seen the ones listed despite having prescribed these medications daily for many years.

Erection hardness score? (circle one below)



Please email results to your practitioner: [melissa@rshealth.com.au](mailto:melissa@rshealth.com.au), [sharon@rshealth.com.au](mailto:sharon@rshealth.com.au), [kendall@rshealth.com.au](mailto:kendall@rshealth.com.au)

**Please contact your practitioner if you have any concerning side effects: Melissa 0429 397 173, Sharon 0443 372 001, Kendall 0449 191 389.**