
AVANAFIL (Stendra) Fact Sheet

Bottom Line:

Avanafil is the newest PDE-5 inhibitor to come to market. Its potential advantage is a somewhat faster onset than any of the other ED drugs.

FDA Indications:

Erectile dysfunction.

Dosage Forms:

Tablets: 50 mg, 100 mg, 200 mg.

Dosage Guidance:

- Start 100 mg ×1 taken 15 minutes before sexual activity. Max dose 200 mg/dose, up to one dose/24 hours.
- May be taken with or without food.

Monitoring: No routine monitoring recommended unless clinical picture warrants.

Cost: \$\$\$\$

Side Effects:

- Most common: Headache, nasal congestion, flushing.
- Serious but rare: May cause dose-related impairment of color discrimination. Sudden decrease or loss of hearing has been reported rarely; hearing changes may be accompanied by tinnitus and dizziness. Decreases in blood pressure may occur due to vasodilator effects; concurrent use with alpha-adrenergic antagonists or substantial alcohol consumption may cause symptomatic hypotension. Avoid use with nitrates (see below). Painful erection greater than six hours in duration (priapism) may occur rarely.

Mechanism, Pharmacokinetics, and Drug Interactions:

- Phosphodiesterase type 5 (PDE-5) inhibitor.
- Metabolized primarily through CYP3A4, also 2C9/19 to a lesser degree; t $\frac{1}{2}$: 5 hours.
- Avoid concomitant use with nitrates in any form (eg, nitroglycerin, isosorbide dinitrate, amyl nitrite “poppers”). Use with caution in patients taking alpha-adrenergic blockers; may cause symptomatic hypotension (maximum of 50 mg in 24 hours). Use with caution in patients taking strong CYP3A4 inhibitors, which may increase or extend effects of avanafil (maximum of 50 mg in 24 hours).

Clinical Pearls:

Onset of effect is usually 15–30 minutes after a dose (and not affected by meals). About two-thirds of men will have therapeutic effect within 15 minutes. Usual duration is approximately two hours.

Fun Fact:

Avanafil was initially approved with the recommendation to take it 30 minutes before sexual activity. Its manufacturer decided it was tough to compete with blockbusters like Viagra and Cialis without some sort of competitive edge, so it presented some data to the FDA showing efficacy as early as 15 minutes. Spontaneity became the hallmark of the drug’s marketing campaign, with taglines like “This time, he was ready before dessert.”