
TADALAFIL (Cialis) Fact Sheet [G]

Bottom Line:

We have fewer data for tadalafil in the psychiatric setting; however, compared to other agents in the class, its long duration of action may improve spontaneity, and the lack of interaction with meals may offer advantages. Tadalafil is an especially good choice for men who have both prostatic hypertrophy and erectile dysfunction (ED).

FDA Indications:

ED; benign prostatic hyperplasia; pulmonary arterial hypertension (Adcirca brand name).

Dosage Forms:

Tablets (G): 2.5 mg, 5 mg, 10 mg, 20 mg.

Dosage Guidance:

- PRN dosing: Start 10 mg ×1 30–60 minutes prior to sexual activity; adjust dose to 5–20 mg based on response. Max 20 mg/dose and one dose/24 hours.
- Daily dosing: Start 2.5 mg QD; may increase to max of 5 mg QD based on response.

Monitoring: No routine monitoring recommended unless clinical picture warrants.

Cost: \$

Side Effects:

- Most common: Headache, dyspepsia/nausea, flushing, back pain, muscle aches.
- 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; $t_{1/2}$: 15–17.5 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 (use lower tadalafil dose). Use with caution in patients taking strong CYP3A4 inhibitors, which may increase or extend effects of tadalafil (maximum of 10 mg/dose and one dose/72 hours with PRN dosing or 2.5 mg/day with daily dosing).

Clinical Pearls:

- Onset of effect of tadalafil is usually within one hour, and its effects may last 36 hours.
- Daily tadalafil has the advantage of allowing users to always be “ready,” but it can also cause daily side effects.

Fun Fact:

Cialis’ 36-hour effectiveness earned it the nickname “the weekend pill.”