

Sildenafil

Viagra / Revatio — different treatment plans

For erection difficulties, timing and stimulation matter. Your prescription should make the plan clear.

From Jeffrey Panko, PMHNP-BC's education collection ·

Draft for review · Clinical content has not been revalidated for this website.

ED: NO EXTRA DOSES

NO NITRATES OR POPPERS

The PDE5 diagram describes blood-flow signaling, not increased desire. PAH uses a separate scheduled regimen.

What it is used for

Viagra treats difficulty getting or keeping an erection. It does not directly increase sexual desire.

Revatio treats a lung blood-pressure condition called PAH, using different instructions. Selected antidepressant-related sexual problems in women are off-label uses.

How it works

Helps blood vessels relax so an erection can develop with sexual stimulation. A tablet alone does not automatically cause one.

It will not solve every cause of sexual difficulty. Mood, other medicines, pain and relationship concerns may need separate care.

What to expect over time

ABOUT 1 HOUR BEFORE SEX

The usual ED timing is about one hour before sex; the labeled window is 30 minutes to four hours beforehand.

WITH FOOD

You can take it with food, but a high-fat meal can delay the effect. Do not take another dose because it seems slow.

OVER SEVERAL OCCASIONS

Tell your prescriber what worked and what did not. Do not raise the dose or add another erection medicine yourself.

Taking your medication

Follow your prescribed ED dose. Do not take it more than once daily; some interactions require a lower dose and a longer wait.

Never combine it with nitrates, nitroglycerin, poppers or riociguat. Check your complete medicine list with a pharmacist.

PAH: follow your separate scheduled plan. Do not add Viagra, tadalafil or another erection medicine, or stop PAH treatment on your own.

When to get help

Chest pain or faintness during sex: stop and get urgent help. Call 911 for chest pain. Do not take nitroglycerin; tell responders when you last took sildenafil.

Erection lasting 4 hours: go to emergency care, even if it does not hurt. Do not wait for it to resolve overnight.

Sudden vision/hearing loss: stop further doses and get immediate care. Call 911 for collapse or a severe allergic reaction.

Early side effects

Headache, flushing, indigestion, stuffy nose, dizziness or muscle/back aches can happen. Report symptoms that bother you. Dose changes belong with your prescriber, not an extra or borrowed tablet.

Other effects to discuss

A temporary blue tint or blurred vision can occur. Sudden loss of sight is different and needs immediate help. Do not drive if dizzy or your vision is affected.

What to keep track of

Track timing, food, benefit and side effects. Check blood pressure as advised. Bring an updated medicine list; PAH needs its own specialist follow-up.

Before you start

Tell your team about heart disease, chest pain, fainting, stroke, kidney/liver disease, serious eye or hearing problems, bleeding/ulcers, penile shape changes or past prolonged erections. Mention sickle cell disease or other blood disorders. Ask whether sexual activity is safe for your heart. If pregnant, planning pregnancy or breastfeeding, arrange an indication-specific review; do not independently stop PAH treatment.

Medicines & interactions

Nitrates, poppers and riociguat

These combinations can dangerously lower blood pressure. Do not assume that waiting 24 hours makes nitrates safe. Emergency clinicians need your exact last-dose time.

Blood-pressure and interacting medicines

Prazosin, tamsulosin and other alpha blockers can add dizziness or fainting. Some HIV medicines, antibiotics and antifungals greatly increase sildenafil levels; others reduce its effect. Check before starting or stopping them.

Other erection medicines and alcohol

Do not combine Viagra and Revatio or add tadalafil, another PDE5 drug or an unreviewed sexual-enhancement supplement. Ask about alcohol; heavy drinking can impair erections and make dizziness harder to manage.

Everyday tips

Allow time and sexual stimulation; the medicine does not create desire or consent.

Discuss distressing sexual effects of an antidepressant without abruptly stopping it.

Use STI protection and contraception when needed. Sildenafil provides neither.

Tell emergency staff and every prescriber that you use sildenafil, even only occasionally.

Your questions, answered

What if I miss a dose?

For as-needed ED use, there is no catch-up dose. For scheduled PAH treatment, follow your team's missed-dose instructions; never double it.

Is one unsuccessful try treatment failure?

Not necessarily. Timing, a heavy meal, stimulation or another health problem may explain it. Review the pattern before changing treatment.

Will an erection last four hours?

That is not the goal. An erection persisting four hours is an emergency, not proof that treatment is working well.

Can I stop?

As-needed ED treatment does not need tapering. PAH treatment is different: speak to the specialist before changing or stopping it.

Storage & safety

Store tablets at room temperature, away from children and pets. Never share. For an extra dose or accidental ingestion, call Poison Control at 1-800-222-1222; call 911 for severe symptoms.

About this information

For general information only; not a substitute for individualized medical advice. This sheet does not cover every risk or interaction. Ask your prescriber or pharmacist before changing how you take this medication.

Sources

1. <https://dailymed.nlm.nih.gov/dailymed/lookup.cfm?setid=d905dc8d-917f-4ea3-a4ee-a1ecf6967d4e>
 2. <https://dailymed.nlm.nih.gov/dailymed/fda/fdaDrugXsl.cfm?setid=3bb9363e-b28d-4019-8aae-539233dca214&type=display>
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Educational inclusion does not mean this medication or its indications are treated at this practice. Review the guide for your exact product with your prescriber or pharmacist.

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