

**PATIENT LEAFLET IN ACCORDANCE  
WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) - 1986**

This medicine is dispensed with a physician's prescription only

## **Cialis 20 mg**

Film-coated tablets

### **The active ingredient and its quantity:**

Each tablet contains: tadalafil 20 mg

**Inactive ingredients and allergens in the preparation:** see Chapter 2 Section "important information about some of the ingredients of this medicine" and Chapter 6 "Additional information".

**Read the entire leaflet carefully before using this medicine.** This leaflet contains concise information about this medicine. If you have any additional questions, contact your doctor or pharmacist.

This medicine has been prescribed for the treatment of your illness. Do not pass it on to others. It might harm them even if their illness seems to be the same as yours.

## **1. WHAT IS THIS MEDICINE INTENDED FOR?**

Cialis 20 mg is indicated for the treatment of erectile dysfunction in men.

**Therapeutic group:** Urologicals, drugs used in erectile dysfunction.

Cialis contains the active substance tadalafil which belongs to a group of medicines called phosphodiesterase type 5 inhibitors.

Erectile dysfunction is when a man cannot get, or keep a hard, erect penis suitable for sexual activity. Cialis has been shown to significantly improve the ability of obtaining a hard erect penis suitable for sexual activity.

Following sexual stimulation Cialis works by helping the blood vessels in your penis to relax, allowing the flow of blood into your penis. The result of this is improved erectile function. Cialis will not help you if you do not have erectile dysfunction.

It is important to note that Cialis does not work if there is no sexual stimulation. You and your partner will need to engage in foreplay, just as you would if you were not taking a medicine for erectile dysfunction.

## **2. BEFORE USING THIS MEDICINE**

### **Do not use this medicine if:**

- you are sensitive (allergic) to tadalafil or any of the other ingredients of this medicine (listed in Chapter 6).
- you are taking any form of organic nitrate or nitric oxide donors such as amyl nitrite. This is a group of medicines ("nitrates") used in the treatment of angina pectoris

("chest pain"). Cialis has been shown to increase the effects of these medicines. If you are taking any form of nitrate or are unsure tell your doctor.

- you have serious heart disease or recently had a heart attack within the last 90 days.
- you recently had a stroke within the last 6 months.
- you have low blood pressure or uncontrolled high blood pressure.
- you ever had loss of vision because of non-arteritic anterior ischemic optic neuropathy (NAION), a condition described as "stroke of the eye".
- you are taking riociguat. This drug is used to treat pulmonary arterial hypertension (i.e., high blood pressure in the lungs) and chronic thromboembolic pulmonary hypertension (i.e., high blood pressure in the lungs secondary to blood clots). PDE5 inhibitors, such as Cialis, have been shown to increase the hypotensive effects of this medicine. If you are taking riociguat or are unsure tell your doctor.

This medicine is not intended for use under the age of 18 or by women.

**Special warnings regarding the use of this medicine**

Talk to your doctor before taking Cialis.

Be aware that sexual activity carries a possible risk to patients with heart disease because it puts an extra strain on your heart. If you have a heart problem you should tell your doctor.

Before taking the tablets, tell your doctor if you have:

- sickle cell anemia (an abnormality of red blood cells).
- multiple myeloma (cancer of the bone marrow).
- leukemia (cancer of the blood cells).
- any deformation of your penis.
- a serious liver problem.
- a severe kidney problem.

It is not known if Cialis is effective in patients who have had:

- pelvic surgery.
- removal of all or part of the prostate gland in which nerves of the prostate are cut (radical non-nerve-sparing prostatectomy).

If you experience sudden decrease or loss of vision or your vision is distorted or dimmed while you are taking Cialis, stop taking Cialis and contact your doctor immediately.

Decreased or sudden hearing loss has been noted in some patients taking tadalafil. Although it is not known if the event is directly related to tadalafil, if you experience decreased or sudden hearing loss, stop taking Cialis and contact your doctor immediately.

**Children and adolescents**

This medicine is not intended for use by children and adolescents under the age of 18.

**Drug interactions:**

**If you are taking or have recently taken other medicines including non-prescription medications and food supplements, inform your doctor or pharmacist.**

Do not take Cialis if you are already taking nitrates.

Some medicines may be affected by Cialis or they may affect how well Cialis will work. Tell your doctor or pharmacist if you are already taking:

- an alpha blocker (used to treat high blood pressure or urinary symptoms associated with benign prostatic hyperplasia).
- other medicines to treat high blood pressure.
- riociguat.
- a 5- alpha reductase inhibitor (used to treat benign prostatic hyperplasia).
- medicines such as ketoconazole tablets (to treat fungal infections) and protease inhibitors for treatment of AIDS or HIV infection.
- phenobarbital, phenytoin and carbamazepine (anticonvulsant medicines).
- rifampicin, erythromycin, clarithromycin or itraconazole.
- other treatments for erectile dysfunction.

#### **Taking this medicine with food and drink**

Cialis tablets are for oral use in men only. Swallow the tablet whole with some water. The tablets can be taken with or without food.

Grapefruit juice may affect how well Cialis will work and should be taken with caution.

Talk to your doctor for further information.

#### **Taking this medicine and drinking alcohol**

Drinking alcohol may affect your ability to get an erection and may temporarily lower your blood pressure. If you have taken or are planning to take Cialis, avoid excessive alcohol drinking (blood alcohol level of 0.08% or greater), since this may increase the risk of dizziness when standing up from a lying down position.

#### **Fertility**

When dogs were treated there was reduced sperm development in the testes. A reduction in sperm was seen in some men. These effects are unlikely to lead to a lack of fertility.

#### **Driving and using machines**

Some men taking Cialis in clinical studies have reported dizziness. Check carefully how you react to the tablets before driving or using machines.

#### **Important information about some of the ingredients of this medicine**

##### **Cialis contains lactose**

If you have been told by your doctor that you have an intolerance to some sugars, consult your doctor before taking this medicinal product.

##### **Cialis contains sodium**

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium free'.

### **3. HOW SHOULD YOU USE THIS MEDICINE?**

Always use this medicine according to your doctor's instructions. You must check with your doctor or pharmacist if you are not sure about the dosage and manner of treatment with this medicine.

The dosage and manner of treatment will be determined only by the doctor.

**The acceptable starting dose** is usually one 10 mg tablet before sexual activity. However, you have been given the dose of one 20 mg tablet as your doctor has decided that the recommended dose of 10 mg is too weak.

You may take one Cialis tablet at least 30 minutes before sexual activity. Cialis may still be effective up to 36 hours after taking the tablet.

Do not take Cialis more than once a day. Cialis 10 mg and 20 mg is intended for use prior to anticipated sexual activity and is not recommended for continuous daily use.

It is important to note that Cialis does not work if there is no sexual stimulation. You and your partner will need to engage in foreplay, just as you would if you were not taking a medicine for erectile dysfunction.

**Do not exceed the recommended dose.**

**Crushing/splitting/chewing:**

There is no information about crushing/splitting/chewing the tablet. The tablet should be taken in its entirety.

In addition, there is no information regarding the use of the product through a nasogastric tube.

This medicine must be taken at regular intervals, as determined by your attending doctor.

**If you have accidentally taken a higher dose**

If you have accidentally taken a higher dose you should contact your doctor. You may experience side effects described in section 4.

If you have taken an overdose or if a child has accidentally swallowed this medicine, proceed immediately to a doctor or a hospital's Emergency Room and bring the medicine package with you.

Continue treatment as recommended by your doctor.

**Do not take medicines in the dark! Check the label and dose each time you take a medicine. Wear glasses if you need them.**

**If you have additional questions regarding the use of this medicine, consult your doctor or pharmacist.**

#### **4. SIDE EFFECTS**

Like all medicines, using this medicine may cause side effects in some users. Do not be alarmed by reading the list of side effects; you may not experience any of them. These side effects are normally mild to moderate in nature.

**If you experience any of the following side effects stop using the medicine and contact your doctor immediately for medical help:**

- allergic reactions including rashes (frequency uncommon).
- chest pain - do not use nitrates but seek immediate medical assistance (frequency uncommon).
- priapism, a prolonged and possibly painful erection after taking Cialis (frequency rare). If you have such an erection, which lasts continuously for more than 4 hours you should contact a doctor immediately.
- sudden loss of vision (frequency rare), distorted, dimmed, blurred central vision or sudden decrease of vision (frequency not known).

**Other side effects have been reported:**

**Common side effects** (seen in 1 to 10 in every 100 patients):

- headache, back pain, muscle aches, pain in arms and legs, facial flushing, nasal congestion and indigestion.

**Uncommon side effects** (seen in 1 to 10 in every 1,000 patients):

- dizziness, stomach ache, feeling sick, being sick (vomiting), reflux, blurred vision, eye pain, difficulty in breathing, presence of blood in urine, prolonged erection, pounding heartbeat sensation, a fast heart rate, high blood pressure, low blood pressure, nose bleeds, ringing in the ears (tinnitus), swelling of the hands, feet or ankles and feeling tired.

**Rare side effects** (seen in 1 to 10 in every 10,000 patients):

- fainting, seizures and passing memory loss, swelling of the eyelids, red eyes, sudden decrease or loss of hearing, hives (itchy red welts on the surface of the skin), penile bleeding, presence of blood in semen and increased sweating.

Heart attack and stroke have also been reported rarely in men taking Cialis. Most of these men had known heart problems before taking this medicine.

Partial, temporary, or permanent decrease or loss of vision in one or both eyes has been rarely reported.

**Some additional rare side effects** have been reported in men taking Cialis that were not seen in clinical trials. These include:

- migraine, swelling of the face, serious allergic reaction which causes swelling of the face or throat, serious skin rashes, some disorders affecting blood flow to the eyes, irregular heartbeats, angina and sudden cardiac death.
- distorted, dimmed, blurred central vision or sudden decrease of vision (frequency not known).

The side effect dizziness has been reported more frequently in men over 75 years of age taking Cialis. Diarrhea has been reported more frequently in men over 65 years of age taking Cialis.

**If a side effect occurs, if one of the side effects worsens or if you suffer from a side effect not mentioned in this leaflet, consult your doctor.**

### **Reporting of side effects**

Side effects can be reported to the Ministry of Health by clicking on the link “Reporting Side Effects due to Drug Treatment” located on the Home Page of the Ministry of Health’s website ([www.health.gov.il](http://www.health.gov.il)), which directs you to the online form for reporting side effects, or by entering the link: <https://sideeffects.health.gov.il>

## **5. HOW TO STORE THIS MEDICINE?**

Avoid poisoning! This medicine and all other medicines must be stored in a closed place out of the reach and sight of children and/or infants, to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by your doctor.

Do not use this medicine after the expiry date (exp. date) which is stated on the carton and blister. The expiry date refers to the last day of that month.

### **Storage conditions:**

Store below 30°C.

Store in the original package in order to protect from moisture.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away this medicine. These measures will help protect the environment.

## **6. ADDITIONAL INFORMATION**

In addition to the active ingredient, this medicine also contains:

**Tablet Core:** lactose monohydrate, microcrystalline cellulose, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, sodium lauryl sulfate.

**Film-coat:** Color Mixture II Yellow (32K12884), talc.

Each tablet contains 233 mg lactose (as monohydrate) (see Chapter 2 Section “Important information about some of the ingredients of this medicine”).

### **What does this medicine look like and what is the content of the pack**

Cialis 20 mg is an almond shaped tablet with yellow coating. The mark “C 20” is engraved on one side of the tablet.

This medicine comes in blister packs containing 2, 4 or 8 tablets.

Not all pack sizes may be marketed.

### **Registration holder and address:**

Eli Lilly Israel Ltd, 4 HaSheizaf Street, P.O. Box 4246, Ra’anana 4366411

### **Manufacturer name and address:**

Eli Lilly and Company, Lilly Corporate Center, Indianapolis, Indiana (IN) 46285, USA

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